

In The Kitchen: Eating and Learning about Diabetes

An in-person group where you learn to eat, and you eat to learn about diabetes.

In the Kitchen Learning is an interactive presentation where our members will learn about diabetes management, preparing healthy meal and taste recipes that can be cooked at home.

What to expect:

- Working directly with a dietitian.
- Receive valuable handouts that will help manage your diabetes.
- Learn about different eating patterns.
- Observe as healthy meals are prepared.
- Taste healthy recipes that will not take a toll on your blood glucose.

Your Dial into Diabetes team of experts includes:

- Registered Dietitian
- Exercise Physiologists
- Registered Nurses
- Certified Diabetes Care and Education Specialist

Space is limited for this event, registration is required.

To register for *In The Kitchen*, call to discuss with your Dial into Diabetes Dietitian, or call our wellness line at (480) 684-5090.

Dial into Diabetes is a telephonic diabetes education program for our Banner Medicare Advantage members living with diabetes. This program provides you access to a multidisciplinary team who will guide you into improved health. To register for this free program, please call (480) 684-5090.

Eligibility:

Banner Medicare Advantage members living with diabetes.

When:

Date:

August 10, 2023:

Cooking Balance and Delicious Meals.

November 2, 2023:

The Holidays are Coming - Planning Your Meals and Staying Active.

Time:

9 a.m. - English

11 a.m. - Spanish

Location:

Banner Plans & Networks
5255 E Williams Circle, Ste 2050
Tucson, AZ 85711

Room number to be provided to registered members prior to the event.

For accommodations for persons with special needs at meetings, language assistance services or alternate formats, please call our Customer Care Center. We are open from 8 a.m. to 8 p.m., seven days a week.

Para acomodaciones para personas con necesidades especiales en juntas, servicios de asistencia lingüística o formatos alternativos, por favor llame a nuestro Centro de Atención al Cliente. Estamos abiertos de 8 a.m. a 8 p.m., los siete días de la semana.

Banner Medicare Advantage Dual HMO D-SNP: (877) 874-3930, TTY 711

Banner Medicare Advantage Prime HMO: (844) 549-1857, TTY 711

Banner Medicare Advantage Plus PPO: (844) 549-1859, TTY 711