



Nutrition Education Classes and Programs

Dining with Diabetes

Program that teaches adults with type 2 diabetes or prediabetes and their families how to make healthy meals, exercise more, and check their “numbers”

Nutrition Advice with Carmen

Personal 30-minute discussion with a registered dietitian for adults 60 years and older to learn more about nutrition

Eating the Healthy Way

Classes to help people make healthy choices throughout the day, and on the go

Healthier Together: A Food as Medicine Program

Program that teaches adults how to save when shopping for healthy food, how to prepare meals easier, and how to navigate the grocery store through guided tours

Howard County LHIC
Local Health Improvement Coalition



For more on these programs and additional nutrition resources for chronic disease, visit <https://bit.ly/LHICNutrition>