

Mindful eating

ADI presentation – 2017



The Tribal Diabetes Coordinators along with First Nations & Inuit Health Branch (FNIHB) Aboriginal Diabetes Initiative (ADI) team has prepared a series of ADI packaged presentations for you, the ADI worker in the community.

The purpose of these packaged presentations is to provide you with information needed to educate your community members on topics related to diabetes and diabetes prevention. Throughout the year we will be sharing with you a variety of different packaged presentations consisting of different topics. Please use the information in these packages, as is, or make changes to them as you see fit to make them more appropriate for your community members.

In this package, you will find the following information:

- **15 minute PowerPoint presentation with speaker's notes**
- **1 activity: Tasting Mindfulness**

Should you want additional ideas, or help in using these packages, feel free to contact your Tribal Diabetes Coordinator or one of the ADI team members. We are always looking forward to helping you with your ADI program.

Sincerely,

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