

## Host a work-site lunch seminar on diabetes.

**Why?** Everyone is busy, and lunchtime is a great opportunity to reach people, if you can make it easy. Brown-bag lunches, which feature seminars or other helpful information at work, are a popular way to reach people with diabetes and their families.

**How?** Invite speakers from your State diabetes control program or local hospital to talk about diabetes and ways to control it. Call the NDEP for a copy of the NDEP PSAs, which you can show during lunch. In addition, the NDEP can help you talk to your employer about how your company can join other businesses in making diabetes control a companywide effort.



### TIPS



A demonstration of diabetes-healthy recipes during lunch will make the presentation more interesting and useful. Talk to the chefs at the restaurants your co-workers visit for lunch each week. They can help by preparing a special diabetes-healthy recipe.



### Where to start?



Talk to your company's health benefits manager or wellness coordinator in human resources.

### What will you need?



**NDEP materials:**

- *Control Tips* and HbA1c brochures
- NDEP PSAs
- Information on company and community health fairs, physical activity, nutrition, and related services for individuals with diabetes

### Who else can help?



- Local health professionals
- Diabetes educators
- American Association of Diabetes Educators
- Staff from YMCA/YWCA