



Native Food for Life Online

Program for Type 2 Diabetes, Prediabetes, and Gestational Diabetes

6-week course!



Join a free, 6-session online plant-based nutrition and cooking course offered by The American Indian Institute & PCRM – Instructed by: Darylin Berryman

We'll meet virtually every Tuesday at 8pm beginning October 7, 2025.

This FREE 6-class series is designed to help anyone who wants to learn about nutrition for diabetes treatment and prevention. **Everyone, tribal and non-tribal, are welcome!**

Learn about the health benefits of a plant-based diet. View cooking demonstrations and learn new cooking skills. Receive advice and information from health and nutrition experts. Zoom link provided after registration.

Use QR Code or email or call to register.

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