



**Diabetes Workshop—All About Insulin**  
Are you on it? Should you, would you, could you be on it?



***Featuring Guest Speaker—  
Dr. Sjoberg, St. Luke's Endocrinology***

***Additional Topics & Speakers—***

***The Litany Against Fear—Dan Rogers, FDL Mental Health Therapist***

***Everything You Ever Wanted To Know About Injecting Insulin...***

***But Didn't Know To Ask—Patti Urbanski, MEd, RD, CDE***

Min No Aya Win  
Tuesday, April 1st  
8:30 am — 12:30 pm

To register call Amanda at 878-3769 or Jenn at 878-2146

Registration deadline—Thursday, March 27th

Breakfast & Incentives\* included

*\*Incentives will not be given unless the whole workshop is completed.*

*Must have a diagnosis of diabetes & be eligible for services at FDL.*

**The BASICS of Diabetes Workshop**

***For patients who have been diagnosed  
with diabetes in the past 5 years.***

Min No Aya Win  
Tuesday, May 13th  
12:00 — 4:00 pm

To register call Amanda at 878-3769 or Jenn at 878-2146

Registration deadline—Thursday, May 8th

Lunch & Incentives\* included

*\*Incentives will not be given unless the whole workshop is completed.*

*Must have a diagnosis of diabetes & be eligible for services at FDL.*



# Living In Balance Newsletter

## Fond du Lac Human Services

Jennifer Hall—Medical  
927 Trettel Lane  
Cloquet, MN 55720



[www.fdlrez.com/HumanServices/medical/diabetes/main.htm](http://www.fdlrez.com/HumanServices/medical/diabetes/main.htm)



## Better Mashed Potatoes

Makes 10 servings · Serving Size 1/2 cup  
60 Calories · 2 g Fat · 7 g Carbohydrate · 230 mg Sodium

- 1 large russet-potato (about 6 inches long), peeled and cut into 2-inch cubes
- 5 garlic cloves, peeled and left whole
- 1 medium head cauliflower, separated into small florets (discard core and stem)
- 1/3 cup fat-free buttermilk
- 2 Tbsp. grated Parmesan cheese
- 1 Tbsp. olive oil
- 2 tsp. unsalted butter
- 1 tsp. kosher salt
- 1/2 tsp. freshly ground black pepper

1. In a large saucepan, place the potato, garlic, and cauliflower and enough water to cover. Bring to boiling, reduce the heat to medium, and cook until the potato and cauliflower are tender, about 15 minutes.
2. Drain and add the vegetables and garlic back to the pot. Cover the pot with a kitchen towel and put the lid over the towel. Let stand for 5 minutes. Remove the lid and towel. Add the buttermilk, cheese, olive oil, butter salt, and pepper. Mash just until the ingredients are lightly combined.

## Diabetes Groups



Please join Patti Urbanski, Dietitian & Diabetes Educator for lunch and good conversation. Topics change monthly. Meet other people with diabetes and learn from each other.

### **Duluth—Diabetes Talk & Do**

CAIR COMMUNITY ROOM

12-1:00

Thursdays: 3/27, 4/24, 5/29, & 6/26/2014

### **Cloquet—Healthy Choices**

TRIBAL CENTER CLASSROOM

12-1:00

Mondays: 3/31, 4/28, 5/19, 6/30/2014

*Light Lunch Provided **IF** you RSVP to  
Amanda at 878-3769*

*Please RSVP each month so we can be sure we  
have enough lunches & seats for everyone.*