



Learning Community

MEETING 10 – GRAYLING

Wednesday, September 10, 2008 / 1:00 PM – 3:00 PM

AGENDA

- 1:00 **Welcome, introductions and celebrations, quick overview of agenda**
- 1:10 **Examination & Evaluation Of A Recovery Resource:**
- *Recovery Cookbook Begins!!!*
 - *How To Understand and Use the Nutrition Facts Labels*
 - *Recipes that are Diabetes Specific (examples)*
 - *Template for recipe cookbook*
- 1:50 **Examination & Evaluation Of A Recovery Resource:**
- *Fast Food Restaurant Guides*
- 2:00 **Break**
- 2:10 **Examination & Evaluation Of A Recovery Resource:**
- *How Much Do you Know About Your Illness? (Bipolar Disorder)*
- 2:50 **Next steps, review of homework assignments, questions**
- Identify agenda topics for October Learning Communities
- 3:00 **Adjourn**

Next Grayling Learning Community Meeting:
WEDNESDAY, October 8, 2008 1:00 PM – 3:00 PM



Learning Community

MEETING 10 – TRAVERSE CITY

Tuesday, September 16, 2008 / 1:00 PM – 3:00 PM

AGENDA

- 1:00 **Welcome, introductions and celebrations, quick overview of agenda**
- 1:10 **Examination & Evaluation Of A Recovery Resource:**
- *Recovery Cookbook Begins!!!*
 - *How To Understand and Use the Nutrition Facts Labels*
 - *Recipes that are Diabetes Specific (examples)*
 - *Template for recipe cookbook*
- 1:50 **Examination & Evaluation Of A Recovery Resource:**
- *Fast Food Restaurant Guides*
- 2:00 **Break**
- 2:10 **Examination & Evaluation Of A Recovery Resource:**
- *How Much Do you Know About Your Illness? (Bipolar Disorder)*
- 2:50 **Next steps, review of homework assignments, questions**
- Identify agenda topics for October Learning Communities
- 3:00 **Adjourn**

Next Traverse City Learning Community Meeting:
TUESDAY, October 21, 2008 1:00 PM – 3:00 PM



Learning Community

MEETING 10 – HOUGHTON LAKE

Tuesday, September 9, 2008 / 12:30 PM – 2:30 PM

AGENDA

- 12:30 **Welcome, introductions and celebrations, quick overview of agenda**
- 12:40 **Examination & Evaluation Of A Recovery Resource:**
- *Recovery Cookbook Begins!!!*
 - *How To Understand and Use the Nutrition Facts Labels*
 - *Recipes that are Diabetes Specific (examples)*
 - *Template for recipe cookbook*
- 1:20 **Examination & Evaluation Of A Recovery Resource:**
- *Fast Food Restaurant Guides*
- 1:30 **Break**
- 1:40 **Examination & Evaluation Of A Recovery Resource:**
- *How Much Do you Know About Your Illness? (Bipolar Disorder)*
- 2:20 **Next steps, review of homework assignments, questions**
- Identify agenda topics for October Learning Communities
- 2:30 **Adjourn**

Next Houghton Lake Learning Community Meeting:
TUESDAY, October 9, 2008 11:30 PM – 1:30 PM



Learning Community

MEETING 10 – CADILLAC

Friday, September 12, 2008 / 10:00 AM – 12:00 PM

AGENDA

- 10:00 **Welcome, introductions and celebrations, quick overview of agenda**
- 10:10 **Examination & Evaluation Of A Recovery Resource:**
- *Recovery Cookbook Begins!!!*
 - *How To Understand and Use the Nutrition Facts Labels*
 - *Recipes that are Diabetes Specific (examples)*
 - *Template for recipe cookbook*
- 10:50 **Examination & Evaluation Of A Recovery Resource:**
- *Fast Food Recipe Guide*
- 11:00 **Break**
- 11:10 **Examination & Evaluation Of A Recovery Resource:**
- *How Much Do you Know About Your Illness? (Bipolar Disorder)*
- 11:50 **Next steps, review of homework assignments, questions**
- Identify agenda topics for October Learning Communities
- 12:00 **Adjourn**

Next Cadillac Learning Community Meeting:
FRIDAY, October 10, 2008 10:00 AM – 12:00 PM