

- **DO YOU HAVE DIABETES?**
- **WANT TO MAKE THE BEST CHOICES FOR YOUR HEALTH?**

WE CAN HELP.....

Dining with Diabetes

FAMILY AND CONSUMER SCIENCES

Date: 4 Wednesday sessions, Nov. 5 & 19, Dec. 3 & 10

Time: 12:30 - 2:30 PM

Location: Extension Office, 1006 N. State, Iola

Nutrition and physical activity are keys to managing your type 2 diabetes, but where do you start? The Dining with Diabetes program can help!

Designed especially for people with type 2 diabetes, this program will help you learn the skills needed to promote good health.

Dining with Diabetes is taught by trained and caring educators. The program includes:

- planning meals and snacks with delicious and healthy recipes
- cooking demonstrations and food sampling
- motivation and support - connect with others who are living with diabetes
- ideas for being more active
- an understanding of how diabetes affects your overall health

Join us for this informational four-part series on Dining with Diabetes.

The cost for the program is \$25, paid on the first day by cash or check made payable to Southwind Extension District.

To register (required), please contact Sandy Haggard:
620-365-2242 or sjhaggard@ksu.edu

For more information visit
k-state.edu/diningwithdiabetes

K-STATE
Research and Extension



Kansas State University Agricultural Experiment Station and Cooperative Extension Service.
K-State Research and Extension is an equal opportunity provider and employer