

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

WE CAN HELP.....

Dining with Diabetes

FAMILY AND CONSUMER SCIENCES



Dates: 4 Tuesday sessions, September 8, 15, 22, and October 6

Time: 5:30 - 7:30 PM

Location: Erie Senior Center, 106 W. 3rd St, Erie KS

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

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