

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

WE CAN HELP...

# Dining with Diabetes

FAMILY AND CONSUMER SCIENCES

**Date:** Begins Tuesday, September 26, 2017

**Time:** 4:30 to 6:30 PM

**Location:** First Assembly of God Church  
Fellowship Hall  
1504 W. 8th Street  
Coffeyville, KS 67337

**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

This Dining with Diabetes Program is a series of four bi-weekly sessions and a reunion session.

- Tuesday, September 26, 2017
- Tuesday, October 10, 2017
- Tuesday, October 24, 2017
- Tuesday, November 7, 2017
- Tuesday, February 20, 2018 (reunion)

Registration of \$25 is required by Tuesday, September 19, 2017. Space is limited.

To Register:

Call the Wildcat Extension District Independence Office at 620-331-2690 or email Barbara Ames, District Family and Consumer Sciences Agent, at [bames@k-state.edu](mailto:bames@k-state.edu).

For more information visit

[k-state.edu/diningwithdiabetes](http://k-state.edu/diningwithdiabetes)

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