

- 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 Thursday, July 12, 2018

Time: 5:00pm to 7:00pm

Location: Neodesha Senior Citizens' Center
422 Main St.
Neodesha, KS 66757

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 weekly sessions and a reunion session:

July 12, 2018

July 19, 2018

August 9, 2018

August 16, 2018

November 8, 2018 (reunion session)

Registration of \$25 is required by Thursday, July 5, 2018. 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@ksu.edu.

For more information visit
k-state.edu/diningwithdiabetes



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