

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

WE CAN HELP...

# Dining

## with Diabetes

FAMILY AND CONSUMER SCIENCES

**Date:**

**Time:**

**Location:**

**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

For more information visit  
[k-state.edu/diningwithdiabetes](http://k-state.edu/diningwithdiabetes)

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