

- 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, April 14, 2020

Time: 5:30 PM to 7:30 PM
Rector Diabetes Center

Location: Labette Health
1902 South U.S. Hwy 59
Parsons, 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

This Dining with Diabetes Program is a series of four sessions and a reunion session:

Tuesday, April 14, 2020

Tuesday, April 21, 2020

Tuesday, April 28, 2020

Tuesday, May 5, 2020

Tuesday, August 4, 2020 (Reunion session)

Registration of \$25 is required by Tuesday, April 7, 2020. 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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