

- 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, December 11, 2018

**Time:** 5:30pm to 7:30pm

**Location:** Wildcat Extension District Office  
410 Peter Pan Road  
Independence, KS 67301

**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:

December 11, 2018

December 18, 2018

January 8, 2019

January 15, 2019

April 9, 2019 (reunion session)

Registration of \$25 is required by Thursday, December 6, 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](mailto:bames@ksu.edu).

For more information visit

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



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