

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

WE CAN HELP...

Dining with Diabetes

FAMILY AND CONSUMER SCIENCES

Date: August 17 - September 14, 2020
(Must register by August 10, 2020.)

Time: Access the course at your convenience

Location: Online

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

To register, visit: <https://bit.ly/diningonline>

(As class size is limited, please register ASAP!)

Cost: \$25.00 (Due with registration by August 10.)

Participants will be able to access a new learning module each week for four weeks. Three months after the class ends, you will be given access to a free follow-up class called Dining Out with Diabetes.

For questions, please contact:

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For more information visit

k-state.edu/diningwithdiabetes

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