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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