

FOR IMMEDIATE RELEASE

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Dining with Diabetes Classes Offered in Parsons

K-State Research and Extension and Labette Health are partnering to offer Dining with Diabetes, a national extension program designed to boost the health and wellness of Kansans with Type 2 diabetes and help educate their family members, caregivers and others who support them.

The Rector Diabetes Center at Labette Health, 1902 South U.S. Hwy 59, Parsons, Kansas, will be the location for this series of four classes being offered on Thursdays from 5:30 pm to 7:30 pm, with a follow-up session in December. The first class is scheduled for August 1, with remaining classes scheduled for August 8, 15, and 22, 2019. The follow-up class is tentatively scheduled for Thursday, December 5, 2019. Each class will include cooking demonstrations and tasting of the foods prepared.

For registration information, call the Independence Wildcat District Extension Office at 620-331-2690. Or, email Barbara Ames at bames@ksu.edu. Pre-registration of \$25 is required by Thursday, July 25, 2019. Space is limited.

About one in 10 Kansans has been diagnosed with diabetes, a chronic disease characterized by elevated blood sugar (blood glucose). High levels of blood glucose are a result of inadequate production of insulin or a resistance to the effects of insulin, a hormone produced by the pancreas.

Diabetes is a common, serious, and costly disease. However, there is good news for persons with diabetes. Diabetes can be controlled. Studies show that complications of diabetes, such as blindness, kidney failure and amputations, can be prevented if blood sugar is controlled most of the time. Following a meal plan is the first step in controlling blood sugar. For some, this is also the hardest step in diabetes control.

Dining with Diabetes can help. Learn strategies to manage diabetes through menu planning, carbohydrate counting, portion control and label reading. Observe cooking demonstrations. Sample healthy foods made utilizing the concepts taught, and consult with a Certified Diabetes Educator. Sign up to get a taste of how to take charge of your diabetes for life.

An informational flyer can be downloaded from the Wildcat District Web site at <http://www.wildcatdistrict.k-state.edu/events/>.

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