

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

WE CAN HELP...

Dining with Diabetes

FAMILY AND CONSUMER SCIENCES

Date: March 19, March 28, April 4 & April 11

Time: 5:30p.m. to 7:30 p.m.

Location:
Pratt Area 4-H Center
81 Lake Road, Pratt

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

Cost for all four classes is \$30 per person and must be paid prior to the first class. To register, or for more information contact:

Jodi Drake
Pratt County Extension
620-672-6121
jdrake@ksu.edu

Registration deadline is March 15.



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For more information visit
k-state.edu/diningwithdiabetes

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