‘Living Well Together’

K-State Research and Extension is offering weekly one-hour virtual Living Well Together program, designed to enhance Kansans’ time at home, particularly during the coronavirus pandemic when many are home more than usual.

These programs are good programs that I have given face-to-face, but with that not an option for me currently, I believe this is a great opportunity for you to watch them at home with no contact with others. I am hoping that soon we will be able to go back to the face-to-face programs, because I truly miss my face-to-face programming. Hang in there with us and enjoy these programs.

Upcoming Living Well Together programs include:
Jan. 14, 5:45 p.m. M.T. – Cut the Clutter & Get Organized
Jan. 21, 5:45 p.m. M.T. – Vaccinations: Checking the Facts Together
Jan. 28, 5:45 p.m. M.T. – Who’s Taking Care of You?

The programs are free to all Kansans, but registration is required. Participants can choose to register for one or all – as many as they like. Once registered, a Zoom link will be sent to the registrant’s email address.

Previous sessions – Cooking Roadmap, Bonding Thru Board Games and Baking Together – were recorded and available to anyone who registers for any of the programs.

Upcoming topics will also cover the Mediterranean Eating Style; Checking Your Credit; Home Organization Tips; Family Mealtime Fun and more. Sessions are planned through at least late March.

If you would like more information or printed publications on these topics please call your local K-State Research and Extension local offices to see if they will print them for you or email me at mdaily@ksu.edu.

Here is the ‘Living Well Together’ registration, https://kstate.qualtrics.com/jfe/form/SV_5mtFTEhjzP3flzP

Hope you can take some time to watch some of these programs that are being offered in a different setting.

Dining with Diabetes--Online

The Dining with Diabetes Online course is provided by Kansas State University Research and Extension educators and trained Dining with Diabetes course instructors and is designed for adults with type 2 diabetes, prediabetes, and their family members, caregivers, and support persons.

This course helps individuals learn strategies to manage their diabetes through menu planning, carbohydrate counting, portion control, and label reading. This course is not intended to provide individual prescriptions for diabetic meal planning and it is not intended to replace diabetes education furnished by qualified health care professionals.

Nutrition and physical activity are keys to managing your type 2 diabetes, but where do you start? This course can help!

THE COURSE INCLUDES
▪ A professional extension educator and Dining with Diabetes Instructor
▪ Educational videos
▪ Meal planning and healthy snack tips and ideas
▪ Healthy recipes
▪ Cooking demonstration videos
▪ Interactive discussion questions

Registration Start Day: February 1, 2021
Registration End Day: March 1, 2021
Program Start Day: Module 1: March 8, 2021
Module 2: March 15
Module 3: March 22
Module 4: March 29
Module 5: July 5

Kansas DWD Online Course Program Fee will be $25.00/person. The Sunflower Extension District Dining with Diabetes Online (DWDO) Course fee is $25.00. Due to a reduction of the cost locally, fee has temporarily been reduced to $20.00.