Nutrition and physical activity are keys to managing your type 2 diabetes, but where do you start?

The Dining with Diabetes Online course can help!

Designed specifically for prediabetics, people with type 2 diabetes and their caregivers, this course will help you learn the skills needed to promote good health.

Dining with Diabetes Online is taught by trained and caring educators.

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 demonstrations videos
- Interactive discussion questions

WHEN
March 8, 2021-April 5, 2021
Final module will be June 28-July 5, 2021

REGISTRATION
Open Feb. 1, closes March 1 2021
Cost: $20 with Code: VWNXBC
sunflower.k-state.edu/facs/

For more information please call the Sunflower Extension District in Wallace County at: 785-852-4285 or email: mdaily@ksu.edu

FOR MORE INFORMATION
k-state.edu/diningwithdiabetes

K-State Research and Extension

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