DO YOU HAVE DIABETES?  
WANT TO MAKE THE BEST CHOICES FOR YOUR HEALTH?  
WE CAN HELP...

Dining with Diabetes
FAMILY AND CONSUMER SCIENCES

Date: November 2 - Nov. 30th, 2023
There will be 4 sessions, all on Thursday 2:00-4:00 p.m. (C.T.)

Time:

Location: At the United Methodist Church in Saint Francis
We will not have a class on the 23rd.

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

Registration will end on October 26.
Call the Sunflower Extension Office at: 785-852-4285 or 785-332-3171 or email me at: mdaily@ksu.edu

Cost for the program is, $25.00
There will be Recipe demo’s and Tasting during Each Class.

Program includes: * planning meals and snacks; * Cooking demonstrations; * Motivation and support; * Ideas for being more active.

Presentation by:

Melinda Daily
Family Consumer Science Agent
Sunflower Extension District #6

For more information visit k-state.edu/diningwithdiabetes

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