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

Dining with Diabetes

FAMILY AND CONSUMER SCIENCES

Date: October 30th - Nov. 20th, 2023
There will be 4 sessions, all on Mondays
5:30 - 7:30 p.m. (M.T.)

Time:
Location: At the CAB, in Sharon Springs

Registration will end on October 26.
Call the Sunflower Extension Office at:
785-852-4285 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.

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

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