



NATIONAL EXTENSION WORKING GROUP

Nutrition and physical activity are key to managing Type 2 Diabetes—but where do you start?

Take Action to Manage Your Diabetes

- Explore healthy meal and snack options
- Participate in cooking demonstrations and tastings
- Connect with others living with diabetes
- Get ideas to be more physically active
- Learn how diabetes affects your overall health

For more information, visit: k-state.edu/diningwithdiabetes

Dates: February 17, 24, March 3 & 10, 2026

Time: 10:30 AM – 12:30 PM

Location: Evangel Church, 227 Pennsylvania Ave., Holton, KS

Cost: \$25.00 per person (includes all four sessions)

Registration is required.

Scan or call to register

Call or email:

785-364-4125 or thatfield@ksu.edu



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Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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