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### **Dining with Diabetes Program Coming to Valley Falls in June**

Living with diabetes—or supporting someone who is—can make everyday food and lifestyle choices feel overwhelming. About one in nine adults in Kansas have been diagnosed with diabetes, a chronic disease characterized by elevated blood sugar (blood glucose). Knowing where to start and how to take meaningful steps to manage type 2 diabetes can feel challenging.

Beginning June 11, the Dining with Diabetes program will be offered in Valley Falls. Dining with Diabetes is a nationally recognized Extension program from K-State Extension designed to support the health and wellness of Kansans with prediabetes or type 2 diabetes. The program is open to adults with diabetes or prediabetes, as well as family members and caregivers who want to learn how to better support healthy lifestyle changes.

The program consists of four interactive sessions that cover diabetes fundamentals, meal planning, reading food labels, understanding portion sizes, and using the Diabetes Plate Method to create balanced meals. Each class also includes food demonstrations and opportunities to sample simple, nutritious recipes that participants can prepare at home.

Dining with Diabetes has been offered previously in the Meadowlark Extension District and has received positive feedback from participants who appreciated the interactive, hands-on learning approach. In addition to nutrition education, the program emphasizes small, realistic changes that can help reduce the health risks associated with diabetes and support long-term success.

Classes in Valley Falls will begin in June, with space limited to ensure a comfortable learning environment.

For more information or to register, community members are encouraged to contact the Meadowlark Extension District or reach out directly to Teresa Hatfield at the Meadowlark Extension office at 785-364-4125 or [thatfield@ksu.edu](mailto:thatfield@ksu.edu).