

- DO YOU HAVE DIABETES?
- WANT TO MAKE THE BEST CHOICES FOR YOUR HEALTH?

WE CAN HELP...

Dining with Diabetes

FAMILY AND CONSUMER SCIENCES

Date: September 6, 13, 20 and 27

Time: 10:00 AM - Noon

Location: Meadowlark Extension District
100 E Washington, Lower Level
Oskaloosa, KS

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

K-STATE
Research and Extension



Do you need help making better choices to manage your diabetes? We can help.

Dining with Diabetes classes begin soon.

Cost: \$25.00 per person for all 4 sessions.

Registration is required either via:

- **Online** - https://kstate.qualtrics.com/jfe/form/SV_eICjGEjER6tZQBo



- **Call/email** - Teresa Hatfield at 785-863-2212 or thatfield@ksu.edu

For more information visit
k-state.edu/diningwithdiabetes

K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Program information may be available in languages other than English. Reasonable accommodations for persons with disabilities, including alternative means for communication (e.g., Braille, large print, audio tape, and American Sign Language) may be requested by contacting the event contact, Teresa Hatfield, two weeks prior to the start of the event (August 23) at 785-364-4125 and thatfield@ksu.edu. Requests received after this date will be honored when it is feasible to do so. Language access services, such as interpretation or translation of vital information will be provided free of charge to limited English proficient individuals upon request.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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