



**MAKE THE
BEST
CHOICES
FOR YOUR HEALTH**

Dining
WITH DIABETES
ONLINE

Nutrition and physical activity

are keys to managing your type 2 diabetes, but where do you start?

The *Dining with Diabetes* course can help!

Designed specifically for prediabetics, people with type 2 diabetes and their caregivers, this course will help you learn the skills needed to promote good health.

Dining with Diabetes is taught by trained and caring educators.

THE COURSE INCLUDES

- A professional extension educator and *Dining with Diabetes* Instructor
- Educational videos
- Meal planning and healthy snack tips and ideas
- Healthy recipes
- Cooking demonstrations videos
- Interactive discussion questions

WHEN

November 18- Dec. 9, 2024
There will be 4 sessions, all on Monday from 5:30-7:30 m.t.

REGISTRATION

Closes November 4, 2024
Cost: \$30
sunflower.k-state.edu/fcs/

For more information call the Sunflower Extension District in Wallace County at: 785-852-4285 or email: mdaily@ksu.edu

FOR MORE INFORMATION

k-state.edu/diningwithdiabetes

K-STATE
Research and Extension

