

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

WE CAN HELP...

# *Dining* with Diabetes

Nutrition and physical activity are keys to managing your type 2 diabetes. But where do you start? The Dining with Diabetes program can help!

*For Adults with type 2 diabetes (or who are at risk), family members, caregivers, and support persons.*

*4-week program with a 3-month follow up session  
Cost will be associated with this program*

*For more information contact  
Purdue Extension Scott County  
812-752-8450*



Extension - Scott County