

# Dining

*with Diabetes*

*Do you have diabetes?  
Do you want to make the best  
choices for your health?  
We can help...*

## Join the Class!

**Dining with Diabetes** is a proactive and positive approach in reducing the effects of diabetes.

Participants will:

- increase their knowledge of healthy food choices,
- experience cooking demos and taste testing each session,
- learn tips for managing Type 2 Diabetes.

**Mondays,  
November 6, 13,  
20 & 27  
10:00 am - 12:00 pm  
Purdue Extension Classroom  
124 N Jefferson St. Hartford  
City, IN**

- Week One: What is Diabetes?
  - Snacks
- Week Two: Carbs & Sweeteners
  - Desserts
- Week Three: Fats & Sodium
  - Main Dishes
- Week Four: Putting It All Together
  - Side Dishes

 This is offered free of charge, but registration is required.

**Call Blackford County Purdue Extension to register:**

765-348-3213

*Registration due by September 30th.*



Extension - Health and Human Sciences