

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

Join Area 7 Health & Human Sciences Educators for a VIRTUAL Dining with Diabetes Lunch and Learn series. Dining with Diabetes consists of four sessions and a follow-up. Adults with type 2 diabetes and their family members, caregivers, and support persons are invited to participate. Pre-registration is required.

The Virtual Lunch & Learn series dates are:

- June 9: What is Diabetes
- June 16: Carbs and Sweeteners
- June 23: Fat and Sodium
- June 30: Putting It All Together
- September 8: Reunion Session

Each session will be held virtually from 12:00-1:00PM EST.

Cost: \$40.00 per individual or \$65.00 per couple.

To register visit: <https://bit.ly/3NZngLL>

