



DINING WITH DIABETES (VIRTUAL 4-PART SERIES)

Diabetes is a very serious and costly health condition, but research has shown that those who learn to manage their blood glucose levels, exercise regularly, and eat healthy can lower their risks of complications and lead a healthier and more productive life. Learn up-to-date information on nutrition, meal planning, exercise, and how to understand common diabetes related medical tests. This is a weekly class that runs for four weeks. The four classes will be offered as morning or evening sessions on Tuesday, March 2nd, 9th, 16th, and 23rd. The morning session is from 10:00am-12:00pm. Evenings sessions are from 7:00pm-9:00pm. All classes will be held virtually through Zoom. A follow-up session will take place in June; date to be announced. The series costs \$25/person and includes a notebook and printed materials. Registration forms may be picked up at our office or downloaded at <https://extension.purdue.edu/elkhart/article/35805>

Purdue Extension Elkhart County
17746 County Road 34 Ste E
Goshen, IN 46528
<https://extension.purdue.edu/Elkhart>

To RSVP or if you have questions, call [574-533-0554](tel:574-533-0554) or email fink24@purdue.edu as space is limited. All classes are free and in-person at the Extension Office, unless noted otherwise with a fee or as "Virtual". Facemasks are required to be worn while inside the building. Social distancing will be in place.



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**Purdue Extension
Elkhart County**

WHERE DOES YOUR MONEY GO? (VIRTUAL 2-PART SERIES)

Do you run out of money before the end of the month? Is it difficult to pay your bills on time? Do you wish you had more money? If you answered "yes", then this two-part series is for you! Learn to recognize where your money is going, stop money leaks, save money for what you really want, and develop a savings/spending plan. Offered Saturday, March 6th and 20th at 10:00am via Zoom.

MESSAGE IN A BOTTLE

Have you ever been confused while reading a prescription label? Reading prescription labels correctly and taking medicine as prescribed is vital to our health. Learn about information that is printed on medication labels and patient inserts, black box warnings, and off-label prescribing. Offered Thursday, March 18th at 10:00am or 6:00pm.

COOKING UNDER PRESSURE

Do you have an electric programmable pressure cooker, but aren't sure how to use it? Join us for this program! Learn about food safety and how to use your appliance. Participants will receive a variety of healthy recipes. Offered Wednesday, March 31st at 1:00pm or 6:30pm.

PURGING YOUR PAPER FILES

Need some help clearing your paper clutter? Improve your ability to organize papers, identify important papers, create a file system that works, and establish a system for keeping papers organized. Offered Tuesday, March 30th at 10:00am or 1:00pm.

SLOW COOKER MEALS

A slow cooker is a wonderful kitchen appliance, but are you making the best use of it? Knowing how to use your appliance and prep ingredients can be the difference between a good slow cooker meal and a great one! Learn how to use your slow cooker and gather ideas for easy, healthy recipes that your family can enjoy even on your busiest days. Offered Monday, March 15th at 6:30pm via Zoom.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 "Dining with Diabetes" 4-Part Series – 10:00am or 7:00pm (Fee applies)	3	4	5	6 "Where Does Your Money Go?" 2-Part Series (Virtual) – 10:00am
7	8	9 "Dining with Diabetes" 4-Part Series – 10:00am or 7:00pm (Fee applies)	10	11	12	13
14	15 "Slow Cooker Meals" (Virtual) – 6:30pm	16 "Dining with Diabetes" 4-Part Series – 10:00am or 7:00pm (Fee applies)	17	18 "Message on a Bottle" – 10:00am or 6:00pm	19	20 "Where Does Your Money Go?" 2-Part Series (Virtual) – 10:00am
21	22	23 "Dining with Diabetes" 4-Part Series – 10:00am or 7:00pm (Fee applies)	24	25	26	27
28	29	30 "Purging Your Paper Piles" – 10:00am or 1:00pm	31 "Cooking Under Pressure" – 1:00pm or 6:30pm			

UPCOMING PROGRAMS

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*Facebook Live programs can be found under
"Events" on our Facebook Page at:
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action, equal access/equal
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