

- 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!

DATES & TIMES: Tuesdays, April 6, 13, 20, 27
3 Month Follow-Up: July 27
5:30 PM to 7:30 PM EST.

LOCATION: Zoom

COST: \$10 if registered before March 19
\$15 if registered by March 30
Cost per household

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

Week 1: What is diabetes?
/Snacks & appetizers

Week 2: Carbs & sweeteners /Desserts

Week 3: Fats & sodium
/Main dishes

Week 4: Putting it all together! /Side dishes



Extension

**For More Information Contact
Purdue Extension - Jackson County
812.358.6101 or marsh119@purdue.edu**

Registration Form: Materials and recipes for the classes will be sent prior to classes.

Name(s): _____ Phone: _____

Address: _____

City, State, Zip: _____

Email: _____

Checks made payable to – **Floyd Co. CES Fund** Amount Enclosed: _____

Please send registration form and payment to:

**Purdue Extension – Floyd County, 3000 Technology Ave., Suite L2110
New Albany, IN 47150**

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