

- 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? PURDUE EXTENSION'S DINING WITH DIABETES PROGRAM CAN HELP!

DATES & TIMES:

Tuesdays, November 2, 9, 16, & 23
3 Month Follow-Up: February 22, 2022
5:30 PM to 7:30 PM EST.

LOCATION:

Zoom

COST:

\$40 per Individual
\$65 per Couple

WHO:

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

REGISTER:

Register online at
<https://bit.ly/RegistrationDWD>

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
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