

Virtual Diabetic Education & Cooking School

Tuesday, March 2nd, 9th, 16th, and 23rd, 2021

Two Sessions Available:
10am-12pm OR 7pm-9pm

Dining with Diabetes classes are open to those with diabetes, their family members, and caretakers. Learn up-to-date information on nutrition, meal planning, exercise, and how to understand common diabetes related medical tests. Recipes will be demonstrated and participants will have the opportunity to follow along at home.

Learn how to prepare meals that are healthy, easy to prepare, and tasty!

All classes are delivered via Zoom with a follow-up session in June; date to be determined. The Zoom link will be emailed to participants prior to class. Materials can be picked up at the Purdue Extension Marshall County Office.

Registration Form Due by February 19th

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Name(s): _____

Mailing Address: _____

Daytime Phone #: _____

E-mail Address: _____

Make check payable to: Purdue University

Mail to/drop off at:

Purdue Extension Marshall County

112 W. Jefferson St., Rm. 304

Plymouth, IN 46563

How many participants?

_____ x \$25/person

Register me for this time:

10am-12pm

7pm-9pm