

- DO YOU HAVE DIABETES?
- WANT TO MAKE THE BEST CHOICES FOR YOUR HEALTH?

WE CAN HELP...

# Dining

with Diabetes



**DATES, TIMES:** Thursdays  
May 5, 12, 19, 26  
  
5:00-7:00 PM

**LOCATION:** 4-H Community Building  
Vermillion County Fairgrounds,  
Cayuga

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

- *Dining with Diabetes* consists of four sessions and a reunion.
- Adults with type 2 diabetes (or who are at risk) are invited to participate. Family members, caregivers, and support persons, too.

The schedule:

**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

**COST:** Free for  
Vermillion  
County residents!  
For out-of-county participants:  
\$40/person or \$65/couple

Registration will be online. For the registration link, or for more information, please contact:

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For more information, visit  
<http://www.purdue.edu/hhs/extension/dwd>