

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

WE CAN HELP...

Dining with Diabetes

FAMILY AND CONSUMER SCIENCES

Dining with Diabetes is taught by trained and caring educators. Adults with type 2 diabetes and their family members, caregivers, and support persons are invited to participate.

The Workshop includes:

- Delicious meals at each session
- Tips for planning meals and snacks with delicious and healthy recipes
- Motivation and support – connect with others who are living with diabetes
- Ideas for being more active
- Setting personal goals to manage your diabetes
- Learn new ways to make the foods you love!

Dining with Diabetes will show you how easy it is to prepare delicious and healthy recipes for you and your family.

For more information visit

k-state.edu/diningwithdiabetes

K-STATE
Research and Extension



Kansas State University Agricultural Experiment Station and Cooperative Extension Service.
K-State Research and Extension is an equal opportunity provider and employer

FREE 4 Session Workshop

September 9, 16, 23 & 30
5:30-7:30 PM
(supper provided)

Lincoln United Methodist Church
216 N 4th St.
Lincoln, KS 67455

Registration required by September 3rd
or until class is full.

Register by calling (785) 524-4432
www.postrock.k-state.edu

Presented by: Ashley Svaty, Post
Rock Extension & Ladonna
Reinert, Lincoln County Health
Department

The Post Rock Extension District Dining with Diabetes (DWD) program fee is \$25.00. Due to funds provided by the Post Rock Community Foundation and Post Rock District, the DWD program fee has temporarily been reduced to \$0.

