

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

WE CAN HELP...

Dining with Diabetes

DATES, TIMES: Session 1: July 12, 2024 10-12
Session 2: July 19, 2024 10-12
Session 3: July 26, 2024 10-12
Session 4: August 2, 2024 10-12
Reunion:

LOCATION: Dillsboro Village Apartments
10145 Alpha Drive
Dillsboro, IN 47018

COST: Covered with Health First KPI

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

In order to participate in the Dining with Diabetes program, all participants must register.

If you have questions or concerns regarding the Dining with Diabetes program, registration, etc. please contact the Purdue Extension Educators responsible for the program.

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