ATTEND DINING WITH DIABETES AND TAKE CHARGE TODAY

Sign up for Dining with Diabetes and you’ll learn how to incorporate good, healthy cooking techniques and other practices to help you control your blood sugar.

At Dining with Diabetes, you will:

• Gain new insights on diabetes management:
  Lesson 1: Living well with diabetes
  Lesson 2: Carbohydrates and Sweeteners
  Lesson 3: Fats and Sodium
  Lesson 4: Vitamins, Minerals & Fiber

• Watch live cooking demonstrations.
• Sample delicious food prepared for you.
• Learn new skills to manage your diabetes.

WHAT PAST PARTICIPANTS HAVE SAID

“The doctor tells you very, very little. You go to the drug store, and they tell you very little. There’s no one to tell the newly diagnosed people what they need to know. Dining with Diabetes is definitely needed—it fills that void.” —Bob

“I highly recommend anyone with diabetes to take this program.” —Teresa

“This course is an eye-opener. . . . It can add months or years to your life.” —Jim

WHO SHOULD ATTEND?

Anyone with concerns about diabetes or anyone interested in controlling blood sugar is encouraged to participate and to bring a family member, friend, caregiver, or other support person.

WHAT IS DINING WITH DIABETES?

Dining with Diabetes is a cooking school and nutrition education program designed for people with diabetes and their family members or caregivers.

In a series of four classes, cooking demonstrations will help you learn healthy techniques to use in your own kitchen. The program includes sampling healthy foods and discussion with a dietitian, plus a follow-up reunion class held at a later date.

WHAT IS THE COST?

$15 per person. Discuss payment concerns with Laura Sant.

HOW CAN I ENROLL?

Complete the reservation form on this brochure and mail to Franklin County Extension office or contact us at 208-852-1097.

HOW CAN I GET MORE INFORMATION?

To learn more about Dining with Diabetes and/or to register, contact:

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