



K-State Research and Extension presents:

# Dining with Diabetes

January 8, 2024, through February 5, 2024

**Final Module opens March 4, 2024,**

to allow participants time to incorporate lifestyle changes and check-in with instructor.

This online course is designed for adults with type 2 diabetes, prediabetes, and family members, caregivers, and support persons. Dining with Diabetes helps individuals learn strategies to manage their diabetes through menu planning, carbohydrate counting, portion control, and label reading.

**Registration Fee: \$25**

Registration Opens November 27.

Sign up at <https://tinyurl.com/5yn4f3sj>

## CONTACT US

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