

K-State Research & Extension to Offer Dining with Diabetes Online Class 2023

Nutrition and physical activity are keys to managing your type 2 diabetes, but where do you start? The Dining with Diabetes program can help! Designed especially for people with type 2 diabetes, prediabetes, and their caregivers & support persons, this program will help you learn the skills needed to promote good health.

Dining with Diabetes Online course is provided by Kansas State University Research and Extension educators and trained Dining with Diabetes course instructors. This course helps individuals learn strategies to manage their diabetes through menu planning, carbohydrate counting, portion control and label reading.

The program includes: planning meals and snacks with delicious and healthy recipes, cooking demonstrations and food sampling, motivation and support — connect with others who are living with diabetes, ideas for being more active, and an understanding of how diabetes affects your overall health.

Please note-this course is not intended to provide individual prescriptions for diabetic meal planning and it is not intended to replace diabetes education furnished by qualified health care professionals.

DWD Online will allow you to work at your own pace, one module a week, from May 22-June 19 with a follow-up session in September. Register online between April 24- May 26. Cost is \$25 or free to those who qualify with a local grant.

For more information or to register, contact Franny Eastwood at the Marais des Cygnes Extension Office, Mound City: 913-795-2829 or email fmeastwo@ksu.edu.