Dining with Diabetes

Dining with Diabetes is a five-session course designed for people at risk of diabetes or who have diabetes, as well as their family members.

Through this class you will learn:
- How to prepare healthy meals using less fat.
- How to make meals using less sodium and sugar without reducing flavor and enjoyment.
- The causes of diabetes.
- The importance of diet and exercise in managing diabetes.

You will also have the opportunity to sample a variety of healthy foods and take home recipes so that you can make them yourself.

May 30, June 6, 13, 20 from 1-3 PM  *5th Session September 26

Michigan State University Extension Lenawee County

1040 S. Winter St.  Adrian  MI  49221

Cost: $35 per person; $15 for 2nd person sharing materials

To register call: 517-264-5315

For more information on programs and events near you visit:

www.msue.msu.edu

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