

**PURDUE
EXTENSION**

LOCAL FACES
COUNTLESS CONNECTIONS

PURDUE EXTENSION
Dining
with Diabetes

Tuesdays
March 28, April 4, 11 and 18
1:00 p.m. - 3:00 p.m.

**Diabetic Education &
Cooking School**

Location:
Goodland Library
111 S Newton St
Goodland, IN 47948

- Targeted to persons with type 2 diabetes.
- Create a healthy meal plan that works for you.
- Information and motivation to help you adopt positive lifestyle changes.

For additional information please contact
the Newton County Extension office at:
219-285-8620 x 2800 or email
arseneau@purdue.edu

- Learn to:
- Cook with Sweeteners
 - Cook with Less Fat & Sodium
 - Cook Dishes with Fruits

Enrollment Form

Name _____
Address _____
Phone # _____
Email _____

Please clip enrollment form and return to:
Purdue Extension-Newton County
4117 S 240 W, Suite 600
Morocco, IN 47963

Make check payable to:
Newton County
Extension Ed. Fund

\$10.00 Fee pd check # _____
\$15.00 Fee per couple check # _____
Fee is due at registration: March 21, 2017
Class size is limited!

If you have special needs, please indicate on the registration form, or call us prior to the meeting at
219-285-8620 x 2800. Partially funded by the Coalition for a Drug Free Newton County.