

DO YOU HAVE DIABETES?
WANT TO MAKE THE BEST
CHOICES FOR YOUR HEALTH?
WE CAN HELP....

Dining

with Diabetes

- Dates:** Wednesday October 2nd, 9th, 16th & 23rd
- Time:** 11:30 to 1:00 p.m.
- Location:** Franciscan Physician Network
Coolspring Health Center
1225 E. Coolspring Ave, Michigan City
- Cost:** FREE

Nutrition and physical activity are keys to managing your type 2 diabetes. But where do you start? The *Dining with Diabetes* program can help!

- Dining with Diabetes consists of four sessions and a reunion.
- Adults with type 2 diabetes (or who are at risk) are invited to participate. Family members, caregivers, and support persons too.

The schedule:

Week 1 - What is diabetes? / Snacks & appetizers

Week 2 - Carbs & sweeteners / Dessert

Week 3 - Fats & sodium / Main dishes

Week 4- Putting it all together / Side dishes

Join us for a series of conversations about Type 2 Diabetes and enjoy a light diabetes friendly meal with others that are trying to make healthy changes too.

For more information or to enroll, please call Kelly at 219-324-9407 or email woznia11@purdue.edu.

Deadline for reservations is September 30, 2019.

This program is made available by the support of Franciscan Alliance, Michiana Lions Club and Purdue Extension, LaPorte County.

ATTEND 4 - GET 1 MORE

The Michiana Lions Club will be providing a bag of groceries for those attending all four sessions. Groceries will include ingredients for one of the recipes highlighted in the program.



Extension
LA PORTE COUNTY



Franciscan
ALLIANCE

