

PURDUE EXTENSION
Dining
 with Diabetes

Diabetic Education & Cooking School

"...the knowledge (in this class) is life-changing." —Stephen "Doc" Folickman

- Targeted to persons with type 2 diabetes and family members.
- Get new recipes and sample diabetic friendly dishes.
- Information and motivation to help you adopt positive lifestyle changes and set goals to manage your diabetes.

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

Class meets: Wednesdays
January 25, February 1, 8, & 15
 5:30 p.m.-7:30 p.m.
 Registration and fee due by January 19, 2017
Call (812) 948-5470 for more information

Class Location:
 Purdue Technology Center.,
 Shine Room (2nd floor)
 3000 Technology Ave.
 New Albany, IN 47150

Enrollment Form

Name _____
 Address _____
 Phone # _____
 Email _____

Please clip enrollment form and return to:
 Floyd County Extension Service
 3000 Technology Ave., Suite L2110
 New Albany, IN 47150

\$40.00 Fee pd cash or check # _____ (Materials and Food Samples)
 \$55.00 Fee per couple cash or check # _____ (If Sharing Book)

Registration by cash or check **only**.
 Make check payable to:
 Purdue CES Ed Fund



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