



MAKE THE BEST CHOICES FOR YOUR HEALTH

Dining
WITH DIABETES
ONLINE

Nutrition and physical activity

are keys to managing your type 2 diabetes, but where do you start?

The *Dining with Diabetes Online* course can help!

Designed specifically for prediabetics, people with type 2 diabetes and their caregivers, this course will help you learn the skills needed to promote good health.

Dining with Diabetes Online is taught by trained and caring educators.

THE COURSE INCLUDES

- A professional extension educator and *Dining with Diabetes* Instructor
- Educational videos
- Meal planning and healthy snack tips and ideas
- Healthy recipes
- Cooking demonstrations videos
- Interactive discussion questions

WHEN

REGISTRATION

FOR MORE INFORMATION

k-state.edu/diningwithdiabetes

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