

Learn How to DINE WITH DIABETES

Better manage diet
and improve health

DINING WITH DIABETES

March 11, 18, and 25, 2025

April 1, 2025

Follow-up Class: July 1, 2025

4 to 6 p.m.

Penn State Extension Lebanon County
2120 Cornwall Rd, Ste 1
Lebanon, Pennsylvania 17042



LEARN MORE AND ENROLL:
extension.psu.edu/dining-with-diabetes
or 877-345-0691



You can help build a strong foundation for managing diabetes and improving health for you and your loved ones. Penn State Extension's Dining with Diabetes course can benefit adults with type 2 diabetes, prediabetes, or risk of developing diabetes; caregivers and families; and anyone who wants to learn more about managing type 2 diabetes.

Attend four weekly classes and a three-month follow-up. In-person class participants receive the *Dining With Diabetes* cookbook, health and nutrition fact sheets, and meal planning tools. In-person programming also includes food demonstrations and discussion. Online participants can print out health and nutrition fact sheets; they also receive an electronic version of the cookbook.

THE COURSE CAN HELP YOU:

- + Manage or prevent type 2 diabetes
- + Plan and prepare healthful meals
- + Manage medications
- + Plan daily physical activity

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