



# Dining with Diabetes

## WHEN:

*Fridays*

*November 1 - 22, 2019*

*1 pm to 3 pm*

**PLEASE NOTE:** Registrants are expected to attend all 4 sessions

## WHERE:

*Port Huron Housing*

*Commission - Dulhut Village*

*1925 Nern Street*

*Port Huron, MI 48060*

## COST:

*Free! This series is being sponsored by Lions of Michigan and the Lions Clubs International Foundation*



## TO REGISTER CONTACT:

*St. Clair MSU Extension*

*(810) 989 - 6935*

## FOR MORE INFORMATION

### CONTACT:

*Kris Swartzendruber,*

*Extension Educator*

*(989) 672 - 3870*



Dining with Diabetes is a fun and interactive series for individuals with prediabetes, type 1 or type 2 diabetes, members of their support system and/or anyone interested in learning more about healthy eating and diabetes prevention.

During each class, participants will learn how to make healthier food choices and incorporate balanced menus into their family dining experience. Classes include research-based education and cooking demonstrations from the recipes in the take-home participant books.

Come to class hungry! Participants will also get to taste the delicious foods that are made during each of the classes!! Take home groceries will also be provided to each participating family so the recipes can be made at home!!!

### **Testimonials from Participants who took this class:**

***"I learned through this class that foods cooked with healthier ingredients can be very tasty!"***

***"The recipes in the participant book are great! Very good class!!"***

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### **MSU Extension programming has something to offer every member of your family**

Michigan State University Extension helps people improve their lives by bringing the vast knowledge and resources of MSU directly to individuals, communities and businesses.

To help you be healthy at every stage of life, MSU Extension delivers affordable, relevant, evidence-based education to serve the needs of adults, youth and families in urban and rural communities. Programs focus on helping you gain the skills you need to buy and prepare nutritious, budget-friendly foods, increase your physical activity and stretch your food dollars.

MSU Extension's children and youth programs address needs and issues from birth through age 19, providing parents with educational resources related to your child's development and giving youth the opportunity through 4-H programs to build leadership and teach practical life skills.

**To find your local county office visit [msue.msu.edu/county](https://msue.msu.edu/county).**

**For more information or to join a class, contact your local MSU Extension county office or visit [www.msue.msu.edu](https://www.msue.msu.edu)**

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