

DINING

WITH

DIABETES

To **register**, please call
215.276.6070 or email
jgaal@salus.edu.

The **deadline** to register is
Friday- February 13, 2015.



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A PROGRAM FOR ADULTS WITH DIABETES



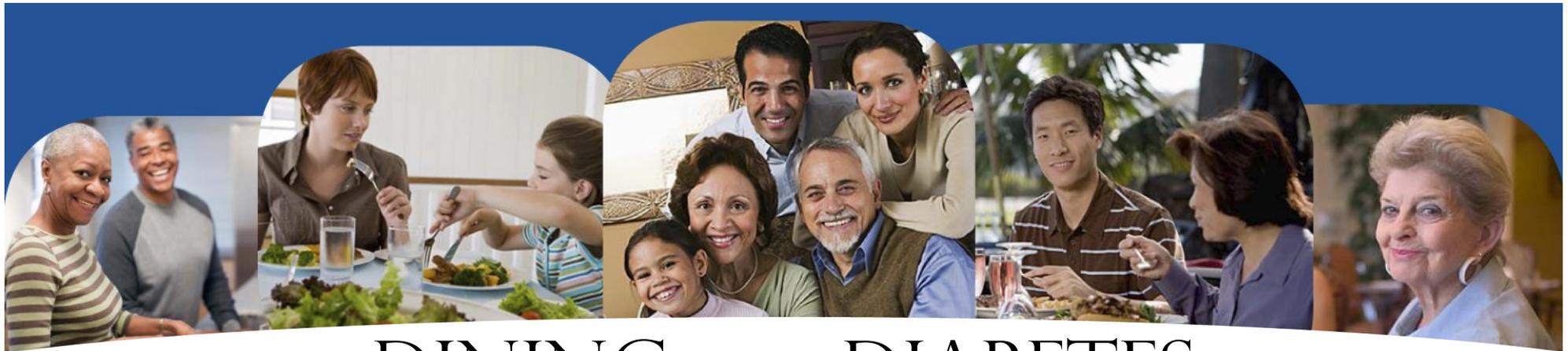
Learn how to manage your
diabetes one step at a time.



PENNSTATE



Cooperative Extension
College of Agricultural Sciences



DINING WITH DIABETES

Learning that you have diabetes can be very overwhelming at first. There are countless details to learn and it can be difficult to know where to begin.

Dining with Diabetes is a free five-week program offered by Penn State Cooperative Extension in conjunction with The Eye Institute of Salus University. The goal of this program is to help you understand the most important aspects about managing your diabetes.

Registered Dietitians or Certified Diabetes Educators will lead discussions addressing:

- Important numbers to know
- Planning healthy meals
- Healthy food preparation and tastings
- Physical activity
- Lab tests will be offered to measure HbA1c values

Classes are offered weekly for five weeks, with a three-month follow-up class. Each class offers food demonstrations, exercise ideas, concepts to take home, and thoughtful discussions regarding important information to help you manage your diabetes.

In addition to class handouts and test results, participants also receive a variety of resources, including a complete collection of Dining with Diabetes recipes. If you have been told that you have Type 2 diabetes, this class will be a great resource for you.

Dining with Diabetes is an approved research project conducted by Penn State University. Participation is voluntary.

Class Details:

Location:

The Eye Institute of Salus University
1200 West Godfrey Avenue
Philadelphia, PA 19141

Dates & times:

All classes will be held from **9:30AM-11:30AM**

February 26, 2015
March 5, 2015
March 12, 2015
March 19, 2015
March 26, 2015
May 28, 2015

Registration is required. Please see back panel for details.

Visit us on the Web at <http://extension.psu.edu/diabetes>