



DINING *WITH* DIABETES

A PROGRAM FOR ADULTS WITH DIABETES

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

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 to 11:30AM** on the following dates:

February 26, 2015

March 5, 2015

March 12, 2015

March 19, 2015

March 26, 2015

May 28, 2015

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

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

