

- DO YOU HAVE DIABETES?
- WANT TO MAKE THE BEST CHOICES FOR YOUR HEALTH?

WE CAN HELP...

Dining

with Diabetes



DATES, TIMES: November 5, 12:30-2:30 pm
November 12, 12:30-2:30 pm
November 19, 12:30-2:30 pm
December 2nd, 12:30-2:30 pm

LOCATION: Woodlawn Health, Classroom A/B
1400 E 9th St. Rochester, IN, 46975

COST: Free! Sponsored by Fulton Co. Health Dept.

Nutrition and physical activity are keys to managing your type 2 diabetes. But where do you start? The *Dining with Diabetes* program can help!

- *Dining with Diabetes* consists of four sessions and a reunion.
- Adults with type 2 diabetes (or who are at risk) are invited to participate. Family members, caregivers, and support persons, too.

The schedule:

Week 1 — What is diabetes? / Snacks & appetizers

Week 2 — Carbs & sweeteners / Desserts

Week 3 — Fats & sodium / Main dishes

Week 4 — Putting it all together! / Side dishes

Register by following this link:
<https://cvent.me/bAQyy5>

At the end of each class, participants will receive produce and other food items to help prepare foods and recipes demonstrated in class!!

Please register by:
November 5, 2025

For questions regarding the program and how to register, or to be added to a program wait list, please call the Fulton County Purdue Extension Office at 574-223-3397

or email Jessica at
jcanned@purdue.edu



Extension - Health and Human Sciences



NATIONAL EXTENSION WORKING GROUP

For more information, visit
<http://www.purdue.edu/hhs/extension/dwd>