

Dining with Diabetes



For the dietary self-care skills you need to control your diabetes
Choose the Afternoon or Evening Sessions

Afternoon Session:

Dates: Mondays,
January 9, 16, 23, and 30
Time: 1:00-3:00 p.m.

Evening Session:

Dates: Thursdays,
March 8, 15, 22, and 29
Time: 6:00-8:00 p.m.

Cost: \$20.00 per single participant/\$30.00 for couple sharing materials
Location: CSU Extension-Pueblo County, 701 Court Street, Suite C, Pueblo
Pre-registration required.



Without the proper education and management skills, diabetes can be frustrating and difficult to live with. Gain the skills you need to be confident and healthy in this four-week course.

Dining with Diabetes participants will:

- Understand the importance of managing their diabetes.
- Increase their knowledge about healthy food choices for the diabetic diet.
- Learn healthy versions of familiar foods.
- Use proper cooking techniques for improving nutrition and taste.
- Get motivated to make specific changes by taste-testing new recipes.

For more information, call 719-583-6566

If you need any special accommodation(s) to participate in this event, please contact Colorado State University Extension at 719-583-6566.

Your request must be submitted at least five (5) business days in advance of the event. Colorado State University, U.S. Department of Agriculture and Pueblo County cooperating. Extension programs are available to all without discrimination.



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For the dietary self-care skills you need to control your diabetes

Dates: Thursdays, April 5, 12, 19, and 26, 2012

Time: 9:00-11:00 a.m.

Place: Housing and Human Services

Need address

Cost: \$20.00 per single participant/\$30.00 for couple sharing materials

Send or bring payment to CSU Extension-Pueblo County,

701 Court Street, Suite C, Pueblo.



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CONSUMER
SCIENCES**

Creating Healthy & Sustainable Families



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