



Dining with Diabetes

DATES:

Wednesdays,
July 18th, 25th,
August 1st & 8th

TIME: 5-7pm.

LOCATION:

Northwest
Michigan Health
Services
119 S. State St,
Shelby, MI 49455

COST:

Free



ABOUT THE PROGRAM:

Dining with Diabetes is a fun and interactive course series targeting individuals with prediabetes, type 1 or type 2 diabetes, members of their support system and/or anyone interested in learning more. Participants learn to make healthy food choices and incorporate balanced menus into the family dining experience. Classes include research-based education, cooking demonstrations and healthy recipe tasting. Join the program of four classes and one follow-up session.

PREREGISTRATION IS REQUIRED: MUST register by Friday, July 13th.

Please contact Naomi Hyso (231-845-3362) or send an email to: hysonaom@anr.msu.edu

***Minimum of ten participants required or class may be canceled.

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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.

For more information or to join a class, contact your local MSU Extension county office or visit www.msue.msu.edu

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