Michigan State University Extension programs focus on delivering high-quality and affordable programs that promote healthy lifestyles.

For more information on programs and events near you visit:

www.msue.msu.edu

Accommodations for persons with disabilities may be requested by contacting Cathy Newkirk at 810-244-8523 by April 20 to make arrangements. Requests received after this date will be fulfilled when possible.

Dining with Diabetes is a four-session course designed for people at risk of diabetes or who have diabetes, as well as their family members.

Through this class you will learn:
- How to prepare healthy meals using less fat.
- How to make meals using less sodium and sugar without reducing flavor and enjoyment.
- The causes of diabetes.
- The importance of diet and exercise in managing diabetes.

You will also have the opportunity to sample a variety of healthy foods and take home recipes so that you can make them yourself.

Dates: On Tuesdays - May 12, 19, 26 and June 2

Time: 1:00 p.m. to 2:30 p.m.

Place: Michigan State University Extension Office, 605 North Saginaw, Suite 1A, Flint

Cost: Free

To register, or for questions: Contact Cathy Newkirk, Extension educator, 810-244-8523 or newkirk@msu.edu

Please join us - your health matters!