

Eat Well, Be Well with Diabetes

**Learning how to eat healthier and
prepare foods to manage diabetes**



Eat Well, Be Well with Diabetes is a 4-class series designed to provide those with type 2 diabetes or pre-diabetes with practical information and skills needed to self-manage diabetes and promote optimal health. The program teaches the many aspects of diabetes self-care with a strong focus on nutrition. Spouses and other family members of those with diabetes will also benefit from the classes.

The program includes demonstration and tasting of easy recipes as well as hands-on activities to encourage discussion and sharing among all participants. You will receive copies of all recipes used in-class plus many more for home use.

Eat Well Be Well with Diabetes Classes:

When: Thursdays 5:00 pm - 7:00 pm, February 2-23

Where: Carl Junction Community Center
303 N. Main Street, Carl Junction, MO 64834

Cost: The Lions of District 26-M6 are generously covering the cost of this program so it is FREE to participants.

To Register, contact: Marlene Payne PHONE 417-525-4434 or EMAIL mepschool@hotmail.com **by Monday January 30, 2012**

*Number of participants is limited, so sign up early

Facilitator: Christeena Haynes, MS, RD, LD,
Nutrition & Health Education Specialist, University of Missouri Extension
Phone: 417-345-7551 Email: haynesch@missouri.edu

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This program is adapted from Dining with Diabetes developed by Extension Service, West Virginia University as modified by University of Illinois Extension in 2002; revised 2006.

Eat Well, Be Well with Diabetes is designed to enhance, not replace, the diabetes education that is delivered by qualified health professionals. This program is not intended to provide individualized meal plans for participants.

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