



Dining with Diabetes

Type 2 diabetes can be delayed, controlled or even prevented by eating healthy and getting regular physical activity.

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.

Do you have prediabetes? Visit www.DoiHavePrediabetes.org.

