



# A Program For People With Diabetes And Their Families

**Where?** Main Meeting Room of the Iron County Courthouse in Hurley

**When?**

- Monday, August 18
  - Wednesday, August 20
  - Monday, August 25
  - Wednesday, August 27
- } 5 - 7:30 p.m.

This program is free and open to anyone with diabetes, and their family members or caregivers. Classes will include demonstrations on how to prepare meals that are healthy and use less fat, salt, and sugar *without sacrificing taste*. There will be an opportunity to taste a variety of main dishes, side dishes and desserts.

The class seeks to improve diabetes management. If you have diabetes we will take your blood pressure and have you do a finger stick to test your A1c. These tests are free of charge and the results will be given to you. You will also be asked to complete a questionnaire. Your participation in these activities is voluntary.

**Call now to register - Space is Limited**  
**UW-Extension at 561-2695 or 1-888-561-2695 or MSU Extension at (906) 663-4045**

*Dining with Diabetes* is supported locally by **Grand View Health System, the Iron County Health Department, Iron County UW-Extension, and MSU Extension of Gogebic County**, with funding provided by the *Wisconsin Diabetes Prevention & Control Program*.

Adapted in part from *Dining with Diabetes*, developed by West Virginia University Extension Service

Both MSU and UW-Extension are affirmative-action, equal-opportunity employers. MSU and UW Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status