

## Topics covered in Dining With Diabetes

- Meal Planning the Simple Way
- Physical Activity and Diabetes
- Carbs and Sweeteners; Blood Glucose Control
- Fats and Sodium: Heart Health
- Vitamins, Minerals and Fiber: A Healthy Pattern
- Monitoring Lab Values: Stay on Track

Each Class will also include cooking demonstrations and tasting of delicious health foods with meal suggestions and recipes.

Diabetes is a very serious and costly disease, but research has shown that those who learn to manage their blood glucose (sugar) levels by eating a healthy diet and exercising regularly can lower their risks of complications and lead a healthier and more productive lives.

### Rock County Dining with Diabetes Classes 2009

August 5, 12, 19 and 26

2:00 p.m. to 4:00 p.m.

Eclipse Center

1701 Riverside Dr

Beloit WI 53511

October 22, 29, Nov 5 and 12

2:00 p.m. to 4:00 p.m.

Rock County Courthouse Conference Room

51 S Main St

Janesville, WI 53545

November 10, 17, 24 and Dec 1

6:00 p.m. to 8:00 p.m.

Emmanuel Reformed Church

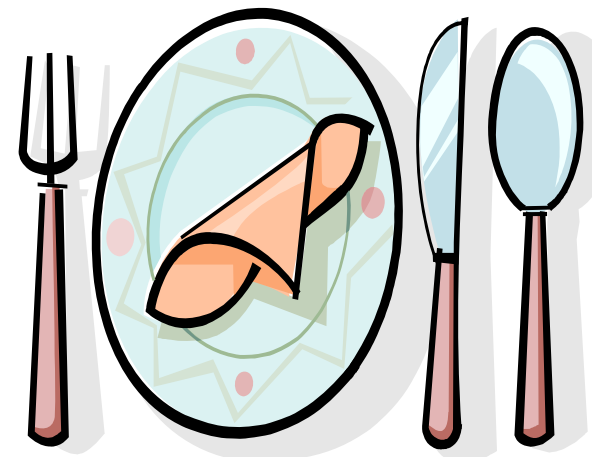
319 East Street

Clinton, WI 53525

#### Cancellation Policy:

2 weeks before the class starts a 100% refund  
Less than 2 weeks before the class a 50% refund.  
No shows will not receive a refund.

**UW**  
**Extension**  
Cooperative Extension



## *Dining with Diabetes*

A Cooking School for  
People with Diabetes  
and Their Families

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## What is Dining with Diabetes?

- A program designed for people with diabetes and their family members.
- A tested program that has been offered in 30 states and is now available in Wisconsin.
- A five-class series over three months that includes learning how to manage diabetes, food demonstrations, and tasting health foods.



## Who Should attend?

Anyone with diabetes, their family members or caretaker needs. Classes are designed to provide tools for self-management of this chronic disease.

## Program Objectives:

- Participants will be able to make healthy food choices that assist in good glucose control.
- Participants will be able to prepare easy, tasty, and healthy versions of familiar foods.

Participants will be able to have a clearer understanding of the importance and interaction of a good nutrition diet, physical activity, and diabetic medications to control blood glucose.

## Program sessions include:

What is diabetes?

- Keeping diabetes in control
- Sweeteners and Carbohydrates
- Fats and Sodium
- Vitamins and fiber

Scholarships available to those who qualify

### Dining With Diabetes Registration

Person with Diabetes..... \$25.00

Additional family member or Caregiver.....\$5.00

Total \_\_\_\_\_

I will be attending: (check one)

◇ August 5,12,19 and 26 – Beloit

◇ October 22,29,Nov 5 and 12 – Janesville

◇ November 19,17,24 and Dec 1st. – Clinton

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

Phone \_\_\_\_\_

Email address \_\_\_\_\_

A Cooking School for People with Diabetes and Their Families

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Please mail registration and payment to:

UW Extension Rock County

51 S Main St

Janesville WI 53545