

## **Nutrition and physical activity**

are keys to managing your type 2 diabetes, but where do you start?

The *Dining with Diabetes Online* course can help!

Designed specifically for prediabetics, people with type 2 diabetes and their caregivers, this course will help you learn the skills needed to promote good health.

Dining with Diabetes Online is taught by trained and caring educators.

## THE COURSE INCLUDES

- A professional extension educator and Dining with Diabetes Instructor
- Educational videos
- Meal planning and healthy snack tips and ideas
- Healthy recipes
- Cooking demonstrations videos
- Interactive discussion questions

## REGISTRATION

## FOR MORE INFORMATION

k-state.edu/diningwithdiabetes

