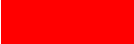

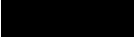


## Dining with Diabetes Program Spring 2007 Session Comments

	Wahpeton
	Lidgerwood
	Lidgerwood and Wahpeton

### What did you enjoy most about Dining with Diabetes?

Information of portion control, counting carbs, recipes, staying in control  
Food samples  
Information and people running the program  
Sampling different lo-carb dishes  
Trying the different lo-carb dishes and then recipes at home  
The instructors were very good and made it easy to follow the material  
Sorting thru the carb counting  
It spiked my awareness for watching carbs more  
Learning that sugar low diets are good  
I think it's a great help to get recipes to help make the following of a diabetic diet easier and more satisfying  
The information given plus comments from others  
Learned more about diabetes and how to control it  
How they prepared everything  
All the information about diabetes  
Enjoyed it all.  
I liked the instructors and how they presented the program.  
The fellowship with learning  
Information-new recipes, sharing info & food  
The information learning about it, the fellowship, the food, the instructors  
Trying to learn all I can about controlling diabetes with food  
Fellowship-tasting, trying recipes-good review of previous classes  
We got more information out of this class than we got out of the one of the doctors  
my husband had in Kansas for the past 6 years  
Different ways to prepare foods-better for you  
The interaction of the group as a whole-presentations were excellent  
food was very good-Found some very very good new recipes to make

### Fall 2007 Enjoy the Holidays Session Comments

#### Was there anything you wished for?

I think you gals did a great job  
I need recipes and ideas. You gave a good selection for the holidays  
Motivation-and I got it! Thank you very much  
It was great.  
Thank you-valuable information  
No-all information was very goo! Thank you gir's very much-wonderful presentation  
No-had excellent recipes and good ideas  
I wish more would have come  
Very very good-should have more

#### **Personal Testimony**

"I want to let you know that my husband participated in diabetes classes through a Fargo Healthcare System. Spouses are invited to attend since diabetes affects the entire family. This series of classes are lead by a dietician and also a registered nurse, but are not nearly as good as the classes that we attended at the LEC. They are not as detailed for one thing and, for another, there are no activities to participate in...we just sat there and listened or looked at slides. Also, we received few handouts. So, all in all, the diabetes classes that you taught are heads above those at the Fargo Healthcare System."