

Dining with Diabetes

A Nutrition Education Program and Cooking School

Kayla Carlson, Extension Agent, Family and Community Wellness
Marsha Hendrickson, Faith Community Nurse

1 in 3 Americans has prediabetes; 90% of them don't know they have it! Are you interested in learning about Type 2 diabetes or how to prevent it? Or do you have Type 2 Diabetes and want to learn some new recipes?



Join us for Dining with Diabetes, a nutrition education program and cooking school, taught by Kayla Carlson of NDSU Extension and Marsha Hendrickson Faith Community Nurse.

Dining with Diabetes Series Program

- Increase knowledge about healthy foods
- Present healthy versions of familiar foods
- Demonstrate new cooking techniques
- Provide taste testing of new recipes
- Provide basic information regarding diabetes and nutrition
- Provide opportunities for sharing and learning from one another and from diabetes health professionals

THURSDAYS, beginning

JUNE 7, 2018

5:30 – 7:30 p.m.

Location:

Richland Lutheran Church
 6143 172nd Ave SE
 Walcott, ND 58077

Dates: June 7, 14, 21, 28

Time: 5:30-7:30 p.m.

Cost: Free

Registration is required by June 1:

Kayla Carlson
 701-642-7793 or email
 Kayla.L.Carlson@ndsu.edu

Who: Adults at risk for type 2 diabetes, who are pre-diabetic or who have type 2 diabetes and their families/caregivers.