



K-State Research and Extension presents:

Dining with Diabetes

November 7, 2022, through December 5, 2022

Final Module opens Jan. 30, 2023, to allow participants time to incorporate lifestyle changes and check-in with instructor

This online course is designed for adults with type 2 diabetes, prediabetes, and family members, caregivers, and support persons. Dining with Diabetes helps individuals learn strategies to manage their diabetes through menu planning, carbohydrate counting, portion control, and label reading.

Registration Fee: \$10

Sign up at bit.ly/3DRdhFL

The Wyandotte County Dining with Diabetes Online (DWDO) Course fee is \$25.00. Due to scholarships provided by the Keeler Women's Center the DWDO Course fee has temporarily been reduced to \$ 10.00"

The requested \$15 off Promotion Code for November 7, 2022 Dining with Diabetes Online - Wyandotte is as follows: 45FY2304B

CONTACT US

913-299-9300

wyandotte.ksu.edu

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