

A decorative border of orange cupcakes with white frosting and a brown liner, arranged in a rectangular frame around the text.

Dining with Diabetes

Dining with Diabetes is a four-session course designed for people at-risk of diabetes, who have diabetes, or who are family members of someone with diabetes. It teaches participants about the causes of the disease, tools for managing it, and the importance of diet and exercise in managing diabetes. Through this class you will learn how to prepare healthy meals using less fat, sodium and sugar without reducing flavor and enjoyment. You will also have the opportunity to sample a variety of healthy foods and take home recipes so that you can make them yourself.

Contact: Cathy Newkirk, Extension Educator, newkirk@anr.msu.edu, 248-858-0888, 1200 North Telegraph Road, Building 26 East, Pontiac, MI 48341