



## Location

Pleasant View Baptist Church  
150 Dowin Lane  
Port Deposit, MD 21904

## For more information

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## Dining with Diabetes

The program is led by Registered Dietitians and trained University of Maryland Extension Educators in consultation with Registered Dietitians.

### FALL 2022 PROGRAM SERIES

#### DAY PROGRAM

**Mondays, 11 AM - 1 PM**  
**October 10, 17, 24, and 31**

#### EVENING PROGRAM

**Thursdays, 6 PM - 8 PM**  
**November 3, 10, 17 & December 1**

# Our Program

Dining with Diabetes is a national program designed for adults with type 2 diabetes. The program teaches skills needed to identify and understand important information about managing this disease.

Dining with Diabetes complements and does not replace other diabetes education and management programs. It includes a series of four weekly, 2 hour sessions, and a three month follow up session.

Week 1: What is Diabetes?

Week 2: Carbohydrates and Sweeteners

Week 3: Fats and Sodium

Week 4: Vitamins, Minerals, and Fiber

Due to the availability of county grant funds, the program is **FREE** to all Cecil County residents, but you must register to attend.

**Registration is limited to 15 people per program.**

The cost for those living outside the county is \$10.00.

## Testimonials

**"I learned how to substitute healthy ingredients to make favorite recipes more healthy."**

**"I am feeling confident with cooking meals favorable for a diabetic."**

# PARTICIPANTS WILL LEARN

- menu planning
- carbohydrate counting
- portion control
- label reading
- healthy fats
- the importance of fiber in managing diabetes

Participants will discover healthy foods and receive recipes and handouts specific to each weekly topic.

**Note:** Individual meal plans or guidance will not be provided.

You will be asked to complete a 7-10 minute survey during the program.

# WHO SHOULD ATTEND

The Dining with Diabetes program is available to anyone, 18 years or older who:

- Is at-risk for or currently has type 2 diabetes
- Has pre-diabetes
- Is a family member, caregiver or provides support for people with type 2 diabetes
- Wants to learn more about managing and preventing type 2 diabetes

# Register

There are three options to register for this program.

Option 1: Sign up at Pleasant View Baptist Church

Option 2: Call Cecil County Extension Office, 410.996.5280

Option 3: Online: <https://go.umd.edu/ccM>

## Registration Deadlines:

Day Program - October 10

Evening Program - November 3