Diabetic Education & Cooking School

DINING WITH DIABETES
NATIONAL EXTENSION WORKING GROUP

Sponsored by:
Purdue Extension - Carroll Co.

Location:
4-H Building
102 N. 4th St.
Flora, IN

March 30, April 6, 13, 20
&
May 18, 2021
6:30 p.m. - 8:30 p.m.

Join Us for ALL 5 Sessions.

- **Targeted to persons with type 2 diabetes.**
- **Create a healthy meal plan that works for you.**
- **Information and motivation to help you adopt positive lifestyle changes.**

Learn to:

- **Cook with Sweeteners**
- **Cook with Less Fat & Sodium**
- **Cook Dishes with Fruits & Vegetables!**

For additional information please contact the Carroll County Extension office at:
574-967-3538
Email: lytton@purdue.edu
www.extension.purdue.edu/carroll

Enrollment Form

Name _____
Address _____
Phone # _____
Email _____

Make check payable to:
Purdue Extension CES

$30.00 Fee check # _____(Materials and 5 Meals)
$45.00 Fee per couple check # _____ (If Sharing Book)
Fee is due at registration, **March 24, 2021**
Class size is limited!

Purdue University is an equal opportunity/equal access university
If you have special needs, please indicate on the registration form, or call us prior to the meeting at 574-967-3538.