

Dining with Diabetes Registration Form

Name _____

Address _____

City _____

State _____ Zip _____

County _____

Daytime Phone _____

Evening Phone _____

Email _____

_____ Number of people attending with you

Fee enclosed (*select one*):

_____ \$35/Individual or _____ \$50/Family
(Scholarships Available)



Registration deadline: October 19, 2009

Make check payable to:

Extension Special Fund

Mail payment along with registration form to:

**Penn State Cooperative Extension - Greene Co
Dining with Diabetes
26 West High Street
Waynesburg PA 15370**

Find out more about Dining with Diabetes

For more information about this program,
contact your county extension office at:

Penn State Cooperative Extension-Greene Co

26 West High Street

Waynesburg PA 15370

Phone: 724-627-3745

Fax: 724-852-4318

E-mail: GreeneExt@psu.edu

Penn State encourages persons with disabilities
to participate in its programs and activities.

If you anticipate needing any type of
accommodation or have questions about the
physical access provided, please contact
Carolyn Wissenbach, 724-627-3745,
in advance of your participation or visit.

This publication is available in alternative media on request.

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Penn State **EXTENSION**
AGRICULTURE | COMMUNITY & FAMILY | ENVIRONMENT

Dining with Diabetes



*a program for adults with
diabetes & their families*

grow
HEALTHY FAMILIES

**Learning to manage your diabetes
one step at a time**

Monday, November 2, 9, 16, 23, 2009

**Greene County Extension Office
26 W High Street, Waynesburg PA**



an Outreach program of the College of Agricultural Sciences



Dining *with* Diabetes

Learning that you have diabetes can be overwhelming at first. There are many new things to learn and it can be difficult to know where to start.

Dining with Diabetes is a program offered by Penn State Cooperative Extension. It will help you to understand some of the most important things you need to know about how to manage your diabetes.

Registered Dietitians or Certified Diabetes Educators will lead discussions addressing:

- Important numbers you need to know
- Planning healthy meals
- Healthy food preparation
- Physical activity

Dates: Mondays
November 2, 9, 16, 23, 2009

Time: 5:30 pm to 7:30 pm

Fee Per Person: \$35 per person
Scholarships Available

Fee Per Family: \$50 per family
Scholarships Available

Rebate: \$25.00 rebate if you attend all four classes and follow-up

Instructors: Judy Siebert, RD, CDE
Carolyn Wissenbach
Extension Educator

Location: Greene County Extension Office
26 W High Street
Waynesburg PA 15370

Classes are offered weekly for four weeks, with a three-month follow-up class.

Each class offers:

- Food demonstrations and tasting
- Physical activity and ideas to take home
- Discussions regarding important information to help manage your diabetes

Lab test will be offered to measure HbA1c and lipid levels.

If you have been told that you have Type 2 diabetes, you will want to attend this class.

