Dining with Diabetes Fall Online Course

Registration: Aug. 16- Sept. 15, 2021
Registration Link: https://tinyurl.com/22sktttex
Class Begins: Sept. 20 • Limited to 20 participants
Course Fee: $25

For details contact
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The Dining with Diabetes Online course is provided by Kansas State University Research and Extension educators and certified Dining with Diabetes course instructors and is designed for adults with type 2 diabetes, pre-diabetes, and their family members, caregivers, and support persons. This course helps individuals learn strategies to manage their diabetes through menu planning, carbohydrate counting, portion control, and label reading.