



Dining with Diabetes



Managing Your Diabetic Diet

Have you recently been diagnosed with diabetes?
Are you having trouble managing your diabetic diet?
Are you preparing food for someone with diabetes?
If you answered yes to any of these questions, Dining with Diabetes is for you!

Course Information:

Dates: January 11, 18, 25 and February 1, 2010

Time: 6:00—8:30 p.m.

Location: Otero County Extension Office
411 North 10th Street
Rocky Ford, Colorado

Cost: \$25.00 per person
\$40.00 per couple
(Limited number of scholarships available)

The four-week series covers:

- How diabetes affects your health
- Making healthy food choices
- Sampling new recipes

Pre-registration and pre-payment are required and seating is limited. Pre-registration deadline is January 5, 2010. Please contact Jean Justice at 719-254-7608 for more information or to pre-register.



CSU Extension Office
P. O. Box 190
Rocky Ford, CO 81067
Phone: (719) 254-7608

If you wish to participate in this Extension event/activity and need special accommodation, please notify this office at least 5 working days prior to the event/activity.