

## What is *Dining with Diabetes* North Dakota Style?

- ◆ A program designed for people with diabetes and their family members.
- ◆ A tested program that has been offered in 30 states and is now available in North Dakota.
- ◆ A four-class series that includes learning how to manage diabetes, food demonstrations, and tasting healthy foods.

### Who should attend?

- ◆ People with diabetes and their family members, caregivers, and support persons can enroll in *Dining with Diabetes*.
- ◆ Call soon! Attendance is limited!

### Who are the instructors?

- ◆ Vanessa Hoines, Ext. Agent/Morton
- ◆ Megan Myrdal, Ext. Agent/Burleigh
- ◆ Jeanine Wall-Hebert LRD, Custer Health



***Dining with Diabetes North Dakota Style*** was developed by the NDSU Extension Service from a similar program developed by West Virginia University Extension Service

Requests for accommodations related to disability should be made to Vanessa Hoines at (701)667-3340 by Sept. 20, 2010.

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**An Educational  
Program for People  
with Diabetes and  
their Families**

**Classes start  
October 4, 2010**

**Sponsored by:**  
NDSU Extension Service  
Custer Health

**Partially Funded by:**  
Morton County Moving More,  
Eating Smarter Coalition

## Topics Covered in *Dining With Diabetes*

- ◆ Meal Planning the Simple Way
- ◆ Physical Activity and Diabetes
- ◆ Carbs and Sweeteners: Blood Glucose Control
- ◆ Fats and Sodium: Heart Health
- ◆ Monitoring Lab Values: Stay on Track

**Each class will begin with a light dinner and will include cooking demonstrations and meal planning suggestions and recipes!**

Diabetes is a very serious and costly disease, but research has shown that those who learn to manage their blood glucose (sugar) levels by eating a healthy diet and exercising regularly can lower their risks of complications and lead a healthier and more productive life.

## Where are classes held?

Morton County Courthouse  
Commissioners' Room, (basement)  
210 2nd Avenue NW  
Mandan, ND 58554

## When are classes?

The series of classes will be held on the following dates:

Monday, October 4, 2010  
Monday, October 11, 2010  
Monday, October 18, 2010  
Monday, October 25, 2010

All classes will be 5:30 to 8:00 pm

## Registration Fee

There is a \$40 registration fee per person. A family member or caregiver may attend with a person with diabetes for an additional \$10.

**Pre-registration is required and registration fee must accompany the registration form.**

## How can I find out more?

Contact NDSU Extension Service in Morton County at 701.667.3340 or email [vanessa.hoinis@ndsu.edu](mailto:vanessa.hoinis@ndsu.edu)

## *Dining With Diabetes* Registration

Person with Diabetes . . . . . \$40.00  
Additional family member  
or Caregiver. . . . . \$10.00

Total \_\_\_\_\_

(Please Print)

\_\_\_\_\_  
Name

\_\_\_\_\_  
Mailing Address

\_\_\_\_\_  
Phone

\_\_\_\_\_  
Email address

**Registration deadline is Sept. 30, 2010.**

Payment must accompany registration.

## Cancellation Policy:

- Less than 2 weeks before the class a 50% refund,
- No shows will not receive a refund.

**Please mail registration & payment to:**

**NDSU Extension Service/  
Morton County  
210 2nd Avenue NW  
Mandan, ND 58554  
701.667.3340**