Dining with Diabetes

Tuesdays
October 6-27 from 5:30-7:00 p.m.
Room 114 Gifford, 502 W. Lake Street, Fort Collins

Take a positive and proactive approach to managing diabetes! Our 4 weekly classes include hands-on cooking, recipes and a pedometer. This program is especially helpful for anyone with pre-diabetes or type 2 diabetes.

Cost: $100
$60 for CSU employees and students

Let us help you with:

• Understanding and managing diabetes
• Meal and snack planning
• Cooking skills
• Being active with diabetes

For more information or to register, visit the KANC website at www.nutritioncenter.colostate.edu
Phone: (970) 491-8615
Email: nutritioncenter@colostate.edu