

What is diabetes?

Diabetes is a common, serious and costly disease in Delaware. Since 1993 there has been a dramatic increase in the number of people diagnosed with diabetes.

Diabetes now affects 24 million people in the U.S, an increase of more than 3 million in more than 2 years. In Delaware it is estimated that 73,000 people above age 18 have diabetes, 9% of the population.

There is now good news for Delawareans with diabetes. Convincing studies show that complications of diabetes, such as blindness, kidney failure, cardiovascular disease and amputations, probably can be delayed or even prevented by careful control of blood sugar.

Following a careful meal plan is the first step in controlling blood sugar. This is also the hardest step in diabetes control. *Dining with Diabetes* helps by teaching people with diabetes to reduce sugar, salt, and fat in foods without giving up good taste.



Find out more about



For more information about this workshop for people with diabetes, contact:

Kathleen Splane
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University of Delaware
Cooperative Extension - Kent County
69 Transportation Circle
Dover, DE 19901
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A cooking program
for people with diabetes
and their families.



Now is the time to take
charge of your diabetes.

Winter 2012 Class

Brought to you by:
The University of Delaware Cooperative
Extension.



What is Dining with Diabetes?

The program is designed for people with diabetes and their family members. The three-class series includes diabetes education, cooking demonstrations, and tasting of healthy foods. After each lesson, participants will take home recipes and knowledge about how to manage diabetes in their daily lives.

Class Demonstrations:

- Class 1 — Desserts
- Class 2 — Main Dishes
- Class 3 — Side Dishes

Who can participate?

People with diabetes and their family members, caregivers, and support persons can enroll in *Dining with Diabetes*.

Persons with basic nutrition education for diabetes will benefit most. *Dining with Diabetes* is designed to complement, not replace, diabetes management classes.

Attendance is limited to the first 40, registered persons at each cooking series.

Who are the instructors?

Classes are taught by Kathleen Splane MS with the University of Delaware Cooperative Extension and Lisa Harkins RD.

Where is the class held?

Classes in Kent County will be held at the following location:

Kent County Cooperative Extension
Paradee Center
69 Transportation Circle
Dover, DE 19901
302-730-4000

When is the class?

February 23, March 1 and 8, 2012
6:30-8:30 pm

How can I enroll?

Send your check for \$45.00 made payable to the University of Delaware or your scholarship request along with the registration form to:

Kathleen Splane
Kent County Cooperative Extension Office
69 Transportation Circle
Dover, DE 19901.

You must plan to attend all three sessions when you enroll. The total fee for the three classes is \$45.00.

QUESTIONS?? - Call 302-730-4000

The University of Delaware welcomes and encourages participation of all individuals. If you should have special needs because of disability, please notify us when you register.



Cooperative Extension
COLLEGE OF AGRICULTURE &
NATURAL RESOURCES

Name: _____

Address: _____

Telephone Number: _____

I will attend the three-part series.

Enclosed is my check for \$45.00.

I am unable to pay the registration fee and request a scholarship.

Mail registration form with \$45.00 per person (payable to University of Delaware) to:
Kathleen Splane, Kent County Cooperative Extension, 69 Transportation Circle, Dover, DE 19901.

