

Location: New Castle County Extension office (302) 831-1239

Dining with Diabetes

10/18, 10/25, 11/1 6:30-8:30pm

Description: This three part series provides information, food samples and practical skills for eating nutritionally as a diabetic or pre-diabetic. Cost: \$45.

Location: Claymont Library: (302) 798-4164

Meal Time in Less Time

9/8, 2011 at 1:30- 3pm

Description: This workshop will help you develop strategies to offer healthful meals for your family in less time.

Presenters: Susanne Peters

Think Healthy-Alzheimer's Disease Prevention through Diet

10/ 6, 2011 at 1:30- 2:30pm

Description: This program will review the linkages between diet and brain health. Strategies to prevent onset of Alzheimer's disease will be reviewed.

Presenters: Sue Snider and Linda O'Hara

Boning Up on Health- Preventing Osteoporosis

11/ 10, 2011 at 1:30 – 2:30pm

Description: This program recognizes that what you eat as a youth impacts your health as you age. This program will review strategies for keeping your bones strong no matter what your age.

Presenter: Karen Sommers

Location: New Castle Library: (302) 328-1995

Think Healthy- Alzheimer's Disease Prevention through Diet

10/24, at 7pm – 8:00 pm

Description: This program will review the linkages between diet and brain health. Strategies to prevent onset of Alzheimer's disease will be reviewed.

Presenters: Linda O' Hara and Karen Sommers

Location: Elsmere Library: (302) 892-9814

Would Your Kitchen Pass a Food Safety Inspection?

9/22 at 6:30pm-7:30pm

Description: By reviewing the self-inspection check list, you will learn important strategies for keeping food safe at home.

Presenters: Karen Sommers and Gail Hermanau

Think Healthy-Alzheimer's Disease Prevention Through Diet

10/4 at 6:30pm – 7:30pm

Description: This program will review the linkages between diet and brain health. Strategies to prevent onset of Alzheimer's disease will be reviewed.

Presenters: Karen Sommers and Linda Welsh

Getting the Most Out of Eating Locally

11/3 at 6:30 – 7:30 pm

Description: What does eating local mean and how can you increase your awareness of local producers and resources? This program will review strategies to increase consumption of local products.

Presenter: Mary Cannon

Meal Time in Less Time

1/17 at 6- 7:30pm

Description: This workshop will help you develop strategies to offer healthful meals for your family in less time

Presenter: Karen Sommers

Boning Up on Health

2/16 @ 6pm- 7:30 pm

Description: This program recognizes that what you eat as a youth impacts your health as you age. This program will review strategies for keeping your bones strong no matter what your age.

Presenter: Karen Sommers

**To register, contact the location of the program
(library or the county extension office)**