



Dining with Diabetes

A Program for
People with Diabetes
and their Families

Where: Jefferson County Public Services Building
1948 Wiltshire Rd., Ste. 3, Kearneysville

Dates & Times: Fridays: March 9, 16, 23 & 30
10 a.m. - 12 noon
Follow Up Class: June 1, 2012

Contact: Judy Matlick 304/728-7413 Ext. 3
Jane Tabb 304/728-7413 Ext. 7

Call Now to Register – Space Is Limited
304/728-7413 Ext. 3 or Ext. 7

This program is free and open to anyone with diabetes and their family members. Classes will include demonstrations on how to prepare meals that are healthy and use less fat, salt, and sugar without cutting taste. There will be an opportunity to taste a variety of main dishes, side dishes, and desserts.

Dining with Diabetes is a once-a-week class that runs for four weeks with a three-month follow-up class. Each class is approximately two hours long.

Dining with Diabetes is a research project that teaches individuals with diabetes and their families about better ways to prepare food that may improve their diabetes management. If you have diabetes, we will take your blood pressure and do a finger stick to test your A1c. These tests are free, and you will receive the results during the class. You will also be asked to complete a questionnaire. Your participation in these activities is voluntary.

For more information, contact your WVU Extension Service county agent listed above or WVU Extension Service Families and Health Programs, Cindy Fitch, Extension Specialist, 605 Knapp Hall, Morgantown WV 26505.

FH08-113

WVU IRB approves this file.

Programs and activities offered by the West Virginia University Extension Service are available to all persons without regard to race, color, sex, disability, religion, age, veteran status, political beliefs, sexual orientation, national origin, and marital or family status. Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Director, Cooperative Extension Service, West Virginia University.

WVU is governed by the W.Va. Higher Education Policy Commission and the WVU Board of Governors.