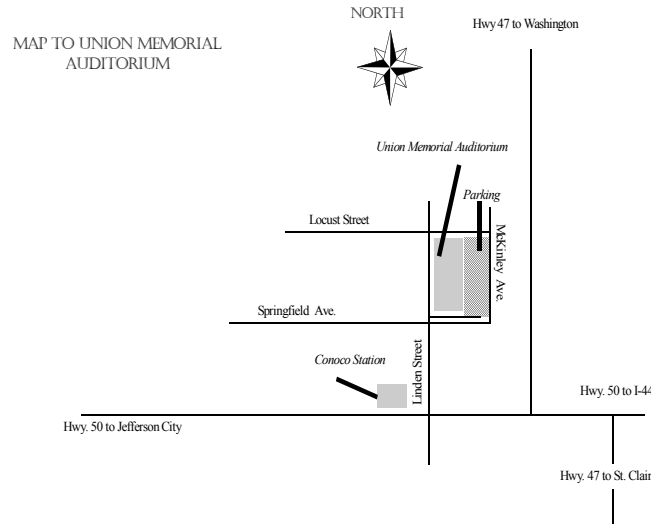


A cooking school program for people with diabetes, their families and their friends



**Map to Memorial Auditorium
(lower level entrance)
meeting room 1
(air conditioned)**



UNIVERSITY OF MISSOURI
 **Extension**
Live. And Learn.

Franklin County Extension Center
116 W Main St.
Union, MO 63084-1363
636-583-5141
<http://extension.missouri.edu/franklin/>

Equal opportunity is and shall be provided to all participants in Extension programs and activities, and for all employees and applicants for employment on the basis of their demonstrated ability and competence without discrimination on the basis of their race, color, religion, sex, sexual orientation, national origin, age, disability, or status as a Vietnam-era veteran. This policy shall not be interpreted in such a manner as to violate the legal rights of religious organizations or military organizations associated with the armed forces of the United States of America.

**Eat Well
Be Well
with
Diabetes**



**Union Memorial Auditorium
Union, MO**

Men and women, young and old, married and widowed, friends and families — all types of people have questions about the nutritional considerations when cooking and preparing food for a person with diabetes.

Eat Well, Be Well with Diabetes an updated version of our Dining with Diabetes class is a four-class series designed to give people information that will answer their questions. Whether you are a person with diabetes or you know someone with diabetes, **Eat Well, Be Well with Diabetes** will teach you about:



healthy food choices for people with diabetes



healthy versions of familiar foods that are easy to prepare



cooking techniques that use new or more healthful ingredients

Classes are two hours in length and include nutrition instruction, cooking demonstrations and tasting. Participants also receive copies of the recipes prepared in the class.

Eat Well, Be Well with Diabetes

When: Please contact us for the next available dates:
University of Missouri Extension
116 W Main St
Union, MO 63084
636-583-5141

Where: Union Memorial Auditorium
500 E. Locust, Union, MO
meeting room 1 (*air conditioned*)
(See map on reverse side)

Cost: \$20 per person
for the four-class series

For more information call:
Mary Schroepfer, M.Ed.
Nutrition and Health Education Specialist
636-583-5141

Eat Well, Be Well with Diabetes is designed to enhance **not** replace the diabetes education that is delivered by qualified health professionals. This program is not intended to provide individualized meal plans for participants. Instructors include University of Missouri faculty and a Certified Diabetes Educator.



Registration Form

Eat Well, Be Well with Diabetes

Register early! Class size is limited to 25
\$20 per person must accompany registration

(please print)

Name _____

Address _____

City _____

State _____ Zip _____

Daytime Phone _____

Email _____

Please check if you need special accommodations because of a disability

Make check payable to:
University Extension Council
and return with registration form to:

University of Missouri Extension
116 W Main St.
Union, MO 63084-1363