

# Virginia Cooperative Extension

A partnership of Virginia Tech and Virginia State University

 **VirginiaTech**  
College of Agriculture  
and Life Sciences



School of Agriculture  
Virginia State University

## Prince William County Office

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## **Living Well with Diabetes**

### **A Program for People with Diabetes and Their Families**

#### **Diabetes Lifestyle Management - Goals for the Class Include:**

- Increase knowledge of healthy food choices for families with diabetes or other chronic diseases
- Demonstrate healthy cooking techniques
- Promote physical activity as a part of diabetes control
- Encourage self-management with opportunities to share and learn from one another

#### **This course is for:**

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

#### **There are four two hour lessons and a follow-up meeting**

#### **The four lessons include:**

- On the Road to Living Well with Diabetes
- Carbohydrates and Sweeteners
- Heart Disease, Fats and Sodium
- Meal Planning and Eating Out

**Follow-up meeting three months after the class is over to see how everyone is doing, answer questions and enjoy a guest speaker.**

#### **Course fees include notebook of information and recipes**

- \$40/ person with diabetes (includes A1c test at first class and follow-up)
  - \$15/ spouse, family member, case-worker or caregiver
- \*\*Class size limited to 20 students\*\***  
**\*\*First come, first serve\*\***

**The A1c tests at the first and follow-up classes and a light meal at each class are included in the registration fee.**

#### **Registration Information**

- Complete and return the enclosed form with your check or money order.
- **Full payment required** with application.
- A letter confirming registration will be mailed to you.

#### **Refund Policy**

- Cancellations and refunds permitted through the day before the first day of class.
- For cancellation/refund call: (703)792-4764

Prince William Cooperative Extension complies with the terms of the ADA. If you are a person with a disability and require any auxiliary aids, services or other accommodations for a workshop, meeting or event, please discuss your accommodation needs with the Nutrition Education Program at 703-792-6287 within 5 days of the event.

## **Virginia Cooperative Extension**

*Nancy R. Stegon*

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[www.ext.vt.edu](http://www.ext.vt.edu)

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