



DINING WITH DIABETES GAZETTE

***A Newsletter for People with Diabetes and
Their Families and Friends***

February 2010

Prince William Office, 8033 Ashton Ave. Suite 105, Manassas VA 20109

New Name!

Dining with Diabetes started out as a West Virginia Cooperative Extension program. FCS extension agents in Virginia used their basic program with some changes.

This spring, Virginia is developing curriculum of our own to be called Living Well with Diabetes! So our program will now be called Living Well with Diabetes. You will see exciting improvements to the five session program including some videos and more discussion and interaction.

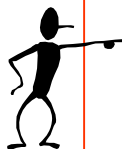
The snow has really kept us inside, hope that you have been doing some indoor exercising!

Our next class will be on Thursday evenings April 8, 15, 22, and 29 at the McCoart building. Call or email me at nstegon@vt.edu.

Thank you,



Nancy R. Stegon, MPH, RD
FCS Extension Agent
(703)792-4764



Dining with Diabetes FOLLOW-UP SESSION Thursday February 18

Please join us for a follow-up with our favorite Dr. Dennis this Thursday at Bull Run Library. Everyone is welcome—past and future Dining with Diabetes participants.

**NEUROLOGICAL
CONSEQUENCES OF
UNCONTROLLED DIABETES**

Bull Run Library

***Bull Run Regional Library –
Community Room
8051 Ashton Avenue Manassas
20109***

**6 PM—Dinner, Check A1c and
Blood Pressure**

**6:30—7:30 Dr. Dennis'
presentation**

**7:30-8 PM Review and
Evaluations**

RSVP: Please call Nancy at (703)792-4764 so that we will have enough food

***Living Well with Diabetes
Thursdays April 8, 15, 22, 29, 2010
McCoart Building, Prince William
Parkway, Woodbridge
Call: (703)792-4764 for more information***