



Dining with Diabetes

- Where:** Hampton House
1548 Sans Souci Parkway
Wilkes-Barre, PA 18706
- Dates:** Tuesdays, January 18 & 25, and
February 1 & 8, 2011
- Time:** Select one of the following:
11:00 am - 1:00 pm, lunch included
5:00 pm - 7:00 pm, dinner included
- Fee:** \$35.00 per person or \$50 per family
- Instructor:** Mary R. Ehret, M.S., R.D., L.D.N.



To Register please call: Penn State Cooperative Extension of Luzerne County at 825-1701 or 1-888-825-1701.

The registration **deadline is January 12, 2011** and the class size is limited to **20 people**.

Classes are offered weekly for four weeks, with a three-month follow-up class scheduled for April 19, 2011. Each class offers:

- Food demonstrations and tasting
- Physical activity and ideas to take home to be physically active
- Discussions regarding important information to help manage your diabetes.

Participants will receive:

- Pre and post lab tests to measure HbA1c and lipid levels
- pedometer • exercise bands • exercise DVD • recipes

If you have been told that you have Type 2 diabetes, you will want to attend this class.

