

# Registration Form

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Telephone: \_\_\_\_\_

I will attend the Dining With Diabetes Class in:

\_\_\_\_\_ **Georgetown** on August 28, September 4, 11 and 18, 2019

\_\_\_\_\_ **Wilmington** on October 10, 24, 31 and November 7, 2019

\_\_\_\_\_ **Dover** on October 21, November 4, 11 and 18, 2019

\_\_\_\_\_ Enclosed is my check for \$50

\_\_\_\_\_ Enclosed is my cooking class voucher from the Diabetes Self-Management program

\_\_\_\_\_ I am a resident of the Greater Milford area and the Greater Milford Lions Club

\_\_\_\_\_ is paying for my registration.

\_\_\_\_\_ I am attending the Spanish class



Following a careful meal plan is the first step in managing diabetes and keeping blood sugars in a therapeutic range. This is also the hardest step in diabetes management. *Dining with Diabetes* helps by teaching persons with diabetes ways to reduce sugar, salt, and fat in foods, without giving up good taste.

“This institution is an equal opportunity provider.”



UNIVERSITY OF DELAWARE  
**COOPERATIVE  
EXTENSION**

**A cooking program for  
people with diabetes and  
their families**



*Now is the time to take  
charge of your diabetes*

**Fall  
English and Spanish  
2019  
Classes**

## ***What is Dining with Diabetes?***

The program is designed for people with diabetes and their family members. The five-class series includes diabetes education, cooking demonstrations, and tasting of healthy foods. After each lesson, participants will take home recipes and knowledge about how to manage diabetes in their daily lives.

### ***Class Demonstrations:***

- Class 1 - Mealtime for Individuals with Diabetes
- Class 2 - Desserts
- Class 3 - Main Dishes
- Class 4 - Side Dishes
- Class 5 - Seasonal Reunion

## ***Who can participate?***

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

Persons with basic nutrition education for diabetes will benefit most. ***Dining with Diabetes*** is designed to complement, not replace, diabetes management classes.

The cost of the 5 sessions is \$50.00

## ***Who are the instructors?***

Classes are taught by University of Delaware Cooperative Extension staff:

- Kimi Moore, RD
- Kathleen Splane
- Michelle Voegele
- Mary Edwards

***QUESTIONS: Call (302) 730-4000***

## ***Class Locations and Dates:***

### **ENGLISH CLASS**

Sussex County Cooperative Extension  
16483 County Seat Highway  
Georgetown, Delaware 19947  
(302) 856-7303  
Wednesdays from 6:00 to 8:00 pm  
August 28, September 4, 11 and 18, 2019  
Reunion Date: December 4, 2019 at 6:00 pm

### **SPANISH CLASS**

Los Jardines Apartments  
1000 W. 5<sup>th</sup> Street  
Wilmington, Delaware 19805  
Thursdays from 1:00 to 3:00 pm  
October 10, 24, 31 and November 7, 2019  
Reunion Date: February 6, 2020 at 1:00 pm

### **ENGLISH CLASS**

Kent County Cooperative Extension  
69 Transportation Circle  
Dover, Delaware 19901  
(302) 730-4000  
Mondays from 6:00 to 8:00 pm  
October 21, November 4, 11 and 18, 2019  
Reunion Date: January 27, 2020 at 6:00 pm

***Due to generous funding from the Greater Milford Lions Club, residents of Greater Milford can enroll in this class free of charge.***



## ***To enroll:***

There are several payment options:

- Send your check for \$50 made payable to the University of Delaware
- ***Greater Milford residents*** – please check the appropriate line on the registration form for free enrollment.
- Participants in the State of Delaware Diabetes Self-Management Education Program can submit their “cooking class” voucher for free enrollment – please include voucher with registration
- Spanish class: fee waived by funding from the Latin American Community Center

Send registration form on back along with payment or voucher to:

**UD Kent Co. Extension Office  
69 Transportation Circle  
Dover, Delaware 19901  
Attn: Jan Unflat**

*The University of Delaware welcomes and encourages participation of all individuals. If you should have special needs because of disability, please notify us when you register.*