



DINING WITH DIABETES CLASSES

A four part educational series on diabetes will be held at the Abbeville Library on October 15, 22, and 29 and November 5, 2018 at 6:00 p.m. This program helps adults at risk for type 2 diabetes, who are pre-diabetic or who have diabetes and their families/caregivers learn how to manage their condition through menu planning, carbohydrate counting, portion control, and label reading. Participants have the opportunity to sample healthful foods using the concepts taught in class.

The program will be conducted by Mandy G. Armentor, Registered Dietitian and Area Nutrition Agent with the LSU AgCenter and Tina Faulk, Diabetes Nurse with Abbeville General Hospital. The program is co-sponsored by the Vermilion Parish Library. Participants will receive all information presented at each class. Each class should last ~1 1/2 to 2 hours.

There is a fee of **\$25.00** per person to attend the series and is open to the public. Please call the number below or come to our office by **October 15, 2018** to pre-register for classes. Seating is limited to **25** participants. Hope to see you there!

October 15– Session 1: What is Diabetes?

October 22– Session 2: Carbohydrates and Sweeteners

October 29– Session 3: Fats and Sodium

November 5– Session 4: Vitamins, Minerals, and Fiber

**** YOU SHOULD ATTEND ALL FOUR SESSIONS ****

Dates: October 15, 22 and 29, and November 5, 2018 (Mondays)

Time: 6:00 p.m.

Location: Abbeville Library, 405 E. St. Victor St, Abbeville, La.

COST: **\$25.00 per person** (Checks/Money orders payable to County Agent's Special Acct.)

For more information or to pre-register, call: 337-898-4335

LSU Agricultural Center/Cooperative Extension Service Office
Vermilion Parish Extension Service
401 S. St. Charles Street
Abbeville, La 70510

Please contact our office to pre-register for this educational class offered by LSU AgCenter Cooperative Extension Service. If you require special assistance to participate in our program please contact Mandy Armentor at 337-898-4335. LSU AgCenter is an equal opportunity provider of programs and employment.