

Free Class

Registration is required!

FREE Online DINING WITH DIABETES

4-WEEK COURSE

Dining with Diabetes is a program offered by the University of Idaho Extension that helps people with Type 2 diabetes to identify and understand important information on how to manage this disease. We are offering this program online to continue serving you during this time!

Participants will learn about diabetes and how to manage it through meal planning, portion control, understanding labels, and physical activity.

Online program includes:

1. An initial phone call from the instructor to ensure you understand how to access the course.
2. Access to one "Introduction Module" and four pre-recorded and structured lesson modules and recipe demonstrations on Google Classroom (each week, you will receive access to the next lesson module.)
***Online access to the Introduction Module and Lesson 1 will be provided to all registrants on Friday, February 26.*
3. Online chat with instructors and other participants
4. Access to weekly, live Q&A sessions on Thursdays March 4, 11, 18, 25 from 2:00-3:00 pm MT and 5:30-6:30 pm MT

Register online below or by contacting the instructor nearest your county:

https://uidaho.co1.qualtrics.com/jfe/form/SV_0jQ87ho6iS4bC3c

Registration deadline is Thursday, Feb. 25 by 5 pm

Ada County

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