



# Dining with Diabetes

**Location:** St.  
Marks Episcopal  
Church  
27 E. Chicago St.  
Coldwater, 49036

**Dates:** Tuesdays  
June 4th, 11th, 18th  
and 25th

**Time:** 5pm-7pm

**COST:** Free

**Sponsored by:**



## ABOUT THE PROGRAM:

Dining with Diabetes is a fun and interactive course series targeting individuals with prediabetes, type 1 or type 2 diabetes, members of their support system and/or anyone interested in learning more. Participants learn to make healthy food choices and incorporate balanced menus into the family dining experience. Classes include research-based education, cooking demonstrations and healthy recipe tasting.

**Join the program of four classes!!!**

**Special Guest: Chefs from the FireKeepers  
Casino**



**Registration is required with: Andrea Aguilar (MSU Extension Office): (517) 788-4292 or email [aguila45@msu.edu](mailto:aguila45@msu.edu)**

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