

Type 2 Diabetes Prevention & Diet Management Classes



One hour class presented by Registered Dietitian Linda Rowsick, Certified by state of New York. Participants are welcome to bring their lunch to the afternoon sessions.



Register:

Call the Wellness Department at 585-396-6111. Contact Jane Hallstead, RN, CDE at 585-396-6233, to apply for scholarship funds.

Cost:

Registration fee of \$15 includes class materials. Register with a friend for a discount to take class together for \$25. Registration fee is non-refundable.

CLASS OBJECTIVES

Carbohydrate Counting & Menu Planning:

Learn what foods contain carbohydrates, how many and which carbohydrates you can eat to help you achieve your blood glucose goals. Once you feel comfortable understanding carbohydrates, use that information to plan menus. Participants will plan at least one day's menu of meals, and snacks if applicable.

Label Reading & Shopping:

Learn how to read the Nutrition Facts Label to get the information that will HELP you. Learn how to navigate the choices at the grocery store to select the foods that taste good while helping you achieve your blood glucose goals.

Topic	Date	Time	Location
Carbohydrate Counting & Menu Planning FEE: \$15 or 2 co-registrants- \$25	Thursday, April 6 Registration deadline: Monday, April 3	1-2 pm	George Ewing/Associate Conference Rooms Minimum: 10/ Maximum: 30
Label Reading & Shopping FEE: \$15 or 2 co-registrants- \$25	Tuesday, June 20 Registration deadline: Wednesday, June 14	5-6 pm	RGE Room Minimum: 10/ Maximum: 30
Carbohydrate Counting & Menu Planning FEE: \$15 or 2 co-registrants- \$25	Saturday, September 23 Registration deadline: Wednesday, September 20	10-11 am	George Ewing/Associate Conference Rooms Minimum: 10/ Maximum: 30
Label Reading & Shopping FEE: \$15 or 2 co-registrants- \$25	Thursday, December 7 Registration deadline: Monday, December 4	12-1 pm	George Ewing/Associate Conference Rooms Minimum: 10/ Maximum: 30