Diabetes: You Are In Control

June 16, 23, 30
5:30 pm - 6:30 pm
Online, Interactive Group Classes via Zoom

Did you know that 34 million U.S. adults have diabetes and 1 in 4 are unaware they have the disease.

Diabetes - You Are In Control will cover the following:

• Discuss current facts about diabetes.
• Identify risk factors and symptoms of type 2 diabetes.
• Identify life-style choices and behaviors that may help delay the disease.

Registration fee of $10.00 includes informational handouts, recipes, and a cookbook.
Register at https://ksu.zoom.us/meeting/register/tJIscOmrzzMsHtPq9s6NEBclkaEkMyw38clj or contact your local extension office below.

A check made payable to Grant Co. Extension for $10.00 should be mailed to your local extension office. Upon registering, you will receive the Zoom link.

Presented by the following K-State Research & Extension FCS Agents:

Monica Walker, M.Ed.
Grant Co Extension Office
1100 W. Patterson Ave.
Ulysses KS 67880
620-356-1721

Nancy Honig, MS
Wild West District
114 E. 5th
Hugoton KS 67951
620-544-4359

Christine McPheter, MS
Meade Co Extension Office
407 E. Rainbelt
Meade KS 67864
620-873-8790

Crystal Bashford, MS
Morton Co Extension Office
625 Colorado
Elkhart KS 67950
620-697-2558