

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/j/9s6NEBclkaEkMyw38clj>

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:

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