



# SIUE presents Dining with Diabetes

Do you have diabetes or cook for someone who does?

Are you bored with eating the same old thing or confused  
about what you should eat?

**Then Dining with Diabetes is for you!**

WHEN:

October 13, 16 & 22  
SIUE Meridian Ballroom  
6:00 - 8:00 p.m.

October 14, 17 & 23  
Morris University Center

REGISTRATION:

\$12 single or \$20 couple  
(make checks payable to SIUE)

DUE:

Friday, September 25th, 2015

Program topics include:

- Healthy recipes without sacrificing taste
- Cooking demos and recipe sampling
- Meal planning and serving sizing
- Food labels
- Sugar and artificial sweeteners
- Fats, fiber and other nutrients
- Diet tips
- Healthy lifestyle advice

Minimum of 10 registration required in order for  
program to be held.  
(Groups of 10 people or more receive a 10 % dis-  
count.) Advanced reservations required.

Send to: Office of Educational Outreach  
1330 Rendleman Hall Campus Box 1084  
Southern Illinois University Edwardsville  
Edwardsville, IL 62026-1084

For more information, please contact the Office of Educational Outreach at 618-650-3210.  
Cooperative Extension programs are available to all without discrimination.