

Cooking Healthy with Diabetes – Holiday Edition

The Sessions:

- Eating Guidelines for the Holidays
- Easy Ways to Lower Calories
- Holiday Recipe Modifications
- Counting Carbs
- Shopping Smart
- Stress Management
- Dining Out
- Cooking Demonstrations

Sponsor:



Escambia County Extension
Family and Consumer Sciences



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Pursuant to the provisions of the Americans with Disabilities Act, any person requiring special accommodations to participate in the meeting/hearing/workshop is asked to advise the University of Florida at least 5 working days before the meeting/hearing/workshop by contacting Dorothy Lee at the Escambia County Extension Office (850) 475-5230 so that proper consideration may be given to the request.

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Cooking Healthy with Diabetes – Holiday Edition

A seminar designed to help
you deal with the issues and
challenges of diabetes

Sponsored by:

Escambia County Extension Service
University of Florida/IFAS Extension
3740 Stefani Road
Cantonment, FL 32533-7792
(850) 475-5230



Program Focus

*Here's a taste of what you will get from the **Eating Healthy for the Holidays Seminar**:*

- **Information**

about how to manage your diabetes.

- **Strategies**

for changing eating and exercise habits to help reduce diabetes risks.

- **Practical Tips**

for incorporating healthy cooking and shopping practices in your everyday life.

- **Encouragement**

as you begin to make healthy changes in your lifestyle.

- **Resources**

to help you make healthier eating and exercise choices.

DATES/LOCATIONS/TIMES

ESCAMBIA COUNTY

November 10, 2009

or

November 12, 2009

10:00AM- 12:00 Noon

Escambia Co. Extension Office
3740 Stefani Rd., Cantonment

Make checks payable to
Escambia Co. 4-H Foundation.

COST

\$8.00 per person

REGISTRATION

Deadline: One week prior to seminar.

Call 475-5230 to register

Cooking Healthy with Diabetes — Holiday Edition

Registration

Name: _____

Address: _____

Phone: _____

E-mail: _____

Escambia County

November 10, 2009

November 12, 2009

