

DINING WITH DIABETES CLASSES

Thursday's at
Ponchatoula Area Recreation District #1
10:00 a.m.-11:30 a.m.
42074 North Hoover Road
Ponchatoula, LA 70454



Conducted by:

Keisha Fletcher, MPA, CHC
Area Nutrition Agent
LSU AgCenter
KFletcher@agcenter.lsu.edu

and Community Partner

The 5-part program (\$25 all 5 classes included in fee) will include:

- 5 Weekly 1.5 hour classes
- Sample Tasty diabetic-friendly foods
- Recipe and Food Safety Booklet
- Meal Planning
- Food demonstrations and tasting
- Tools to keep you on track and motivated

March 12 **What is Diabetes?**

Learn about insulin, glucose, different types of diabetes

March 19 **Carbohydrates and Sweeteners**

Learn about carbs and how they affect blood sugar levels

April 2 **Fats and Sodium**

Learn about good fats and fats that need to be avoided.

April 9 **Vitamins, Minerals, and Fiber**

Importance of Vitamins, Minerals, and Fiber and the Importance of Physical Activity

Follow-up **Reunion-Date will be announced**

**Call Keisha Fletcher
(985) 748-9381.**

**Register online by March 6, 2020
at:**

Visit [LSU AgCenter store to register \(https://bit.ly/2SAuytG\)](https://bit.ly/2SAuytG).

The LSU AgCenter and LSU provides equal opportunities in employment and programs. If you need special accommodation for your participation in the event, please contact Keisha Fletcher at the above number at least two weeks prior to event.

