

**FOR IMMEDIATE RELEASE**

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Dining with Diabetes Program Helps Type 2 Diabetics

Penn State Extension is offering “Dining with Diabetes: A Program for Adults with Diabetes and their Families,” to teach those with Type 2 diabetes how to manage the disease.

This low-cost program includes: four classes, recipes, educational materials, exercise DVD, pedometers and stretch bands. Each class, which is taught by a Registered Dietitian, offers food demonstrations and tasting, ideas for physical activity, and discussions regarding important information to help manage diabetes. Lab tests will be offered to measure hemoglobin A1C, and blood pressure.

If you are interested in learning more about Type 2 Diabetes, consider attending Penn State Extension’s “Dining with Diabetes” program. Classes will provide nutrition education, daily meal plans, interactive cooking demonstrations, food sampling and an opportunity to connect with others who are living with Type 2 Diabetes. Two four-week programs will be held, one on Fridays beginning February 6 from 10 AM – Noon with a follow-up class on May 1 at the South Side Senior Center, 425 Alder Street, Scranton; and one on Mondays beginning March 9 from 1 PM – 3 PM with a follow-up class on June 1 at the North Pocono Senior Center, 12 John J. Michaels Drive, Covington Township.

The cost of the program is \$40 per person or \$55 for two family members living in the same household. Medicare and Medicaid beneficiaries receive FREE registration. Financial scholarships are available.

For questions or to register, please call Penn State Extension in Lackawanna County at 570-963-6842, email nmd5140@psu.edu or visit extension.psu.edu and click on Lackawanna County. Space is limited!