  

**Dining with Diabetes Classes**

A five-part educational series on **type 2 diabetes** will be held at the West Feliciana LSU AgCenter located at 10032 West Feliciana Parkway, St. Francisville, LA 70775 on **January 25, February 1, 15, & 22 at 5:30 pm**. The fifth class, a reunion, will be determined at a later date. This program helps adults at risk for type 2 diabetes, who are pre-diabetic or who have diabetes and their families/caregivers learn how to manage their condition through menu planning, carbohydrate counting, portion control, and label reading.

The program will be conducted by Layne Langley, West Feliciana Parish & East Feliciana Parish Family & Consumer Sciences Nutrition Agent with the LSU AgCenter and Dewana Bobo, Family Nurse Practitioner, with the Daniel Clinic. Participants will receive all information presented at each class.

The cost is $40\* to attend and is open to the public. Please go to the online store below by **January 14, 2022,** to register for the program. Seating is limited. The class will need five registered to be conducted. Hope to see you there!

***January 25****– Session 1: What is Diabetes?*

***February 1****– Session 2: Carbohydrates and Sweeteners*

***February 15*** *– Session 3: Fats and Sodium*

***February 22 –*** *Session 4: Vitamins, Minerals, and Fiber*

***TBA*** *- Reunion/Review Session*

# Dates: January 25, February 1, 15, and 22

**Reunion Follow-up Class to be announced**

# Time: 5:30 pm

**Location: LSU AgCenter Office located at 10032 West Feliciana Parkway, St. Francisville, LA**

**Visit our online store**  [[https://store.lsuagcenter.com/p-1499-dining-with-diabetes-east-and-west-feliciana-2022.aspx](https://nam02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fstore.lsuagcenter.com%2Fp-1499-dining-with-diabetes-east-and-west-feliciana-2022.aspx&data=04%7C01%7CLALangley%40agcenter.lsu.edu%7C847aa89ed06640d8a53808d9b8d8840b%7C804b509899084bdf9c06b3df777563aa%7C0%7C0%7C637744062336258001%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=V8pxPKKhl%2BYC8b4n1xijh6gBIo7FdaLGApA%2F4CMfs5c%3D&reserved=0)](https://nam02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fstore.lsuagcenter.com%2Fp-373-dining-with-diabetes-west-feliciana-2019.aspx&data=02%7C01%7CLALangley%40agcenter.lsu.edu%7C3eb8ed58e7c64afea1a208d727f43d1f%7C804b509899084bdf9c06b3df777563aa%7C0%7C0%7C637021802264993456&sdata=WSsaabAut0Iprdrhfc%2ByjNjNOhvFS3oJ9UnejAlMLXE%3D&reserved=0) **to register for “Dining with Diabetes- East and West Feliciana 2022”.**

**Call 225-635-3614 if you have any questions.**

LSU AgCenter/West Feliciana Parish Cooperative Extension

10032 West Feliciana Parkway

St. Francisville, LA 70775

\*The cost to participate is used to cover food and supplies.

Consistent with the Americans with Disabilities Act (ADA), the LSU AgCenter will make reasonable accommodations to enable persons with disabilities to engage in programs offered. Should you need an ADA accommodation, please contact Layne Langley at 225-635-3614 no later than 2 weeks before your accommodation is needed.

The LSU AgCenter and LSU provide equal opportunities in programs and employment.

www.LSUAgCenter.com