



## Diabetic Education & Cooking School

Sponsored by:  
Purdue Extension  
Carroll County and  
Purdue School of Nursing—  
Public Health

**Location:**

4-H Building  
102 N. 4th St.  
Flora, IN

Fridays—April 1, 8, 15,  
22 & May 20, 2016  
10:00 a.m. - 12:00 noon

Registration due March 21, 2016

- Targeted to persons with type 2 diabetes.
- Create a healthy meal plan that works for you.
- Information and motivation to help you adopt positive lifestyle changes.

For additional information please contact the  
Carroll County Extension office at:  
574-967-3538  
Email: [lytton@purdue.edu](mailto:lytton@purdue.edu)  
[www.extension.purdue.edu/carroll](http://www.extension.purdue.edu/carroll)

**Learn to:**

- Cook with Sweeteners
- Cook with Less Fat & Sodium
- Cook Dishes with Fruits & Vegetables!

### Enrollment Form

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Phone # \_\_\_\_\_  
Email \_\_\_\_\_

Make check payable to:  
Purdue Extension CES

\$30.00 Fee check # \_\_\_\_\_ (Materials and Meal)  
\$45.00 Fee per couple check # \_\_\_\_\_ (If Sharing Book)  
Fee is due at registration, March 21, 2016  
Class size is limited!

Purdue University is an equal opportunity/equal access university  
If you have special needs, please indicate on the registration form, or call us prior to the meeting at  
574-967-3538 or call: 888-EXT-INFO and ask for Carroll County office.