

# Meals Made Easy for Diabetes

## *Planning and Preparing Diabetic Meals*

### **What Will You Learn?**

Topics covered in 4 classes include:

- What You Eat Makes a Difference
- Planning Healthy Meals
- Shopping Smart
- In the Kitchen

Sessions are informal with time for discussion and sharing.  
Patty Case, Registered Dietitian leads the class.

### **Who Can Attend?**

People with diabetes (or at risk of having diabetes), their loved ones and/or care providers.

### **Where?**

Klamath County Extension Office, Auditorium  
3328 Vandenberg Road, Klamath Falls

### **When?**

Four Sessions: April 24 (Tues), April 25 (Wed),  
May 1 (Tues), May 2 (Wed), 2012  
From 6:00 pm – 8:00 pm.  
*Participants should attend all 4 sessions*

### **Cost?**

\$20 includes food samples and handouts

### **Registration**

Call 541-883-7131 or e-mail  
[claudia.tosh@oregonstate.edu](mailto:claudia.tosh@oregonstate.edu)  
*Class will also be offered in fall '12*

*Accommodation request related to a disability should be made to Claudia Tosh at 541-883-7131*

**Oregon State**  
UNIVERSITY

*© Oregon State University Extension Service offers educational programs, activities and materials without discrimination based on race, color, religion, sex, sexual orientation, national origin, age, marital status, disability, or disabled veteran or Vietnam-era veteran status. Oregon State University Extension Service is an Equal Opportunity Employer.*