

Free Program



THE UNIVERSITY OF GEORGIA
COOPERATIVE EXTENSION
Colleges of Agricultural and Environmental Sciences & Family and Consumer Sciences

**2012 Diabetes Education
Group Meetings**

Prevention
Gestational
Food Choices
exercise
hormone
Body
Insulin
Diabetes
Activity
metabolism
HEART
BLOOD
glucose
Obesity
Meal Plan
feet
muscle
Control
Health
Care
Advice

Join us and obtain practical information to help with the prevention and management of diabetes.

Group Meetings Begin at 6:00 p.m.

Free Program

Registration Form

I would like to register for:

- The entire series/ All Remaining Classes
- "New Year, New You: Winning at Losing"
- "Heart Disease & Diabetes: What's the Connection?"
- "Nutrition Awareness & Diabetes"
- "Foot Care and Diabetes"
- "Let's Get Physical: Diabetes & Physical Fitness"
- "Diabetes Medication: What You Should Know"
- "Rite Bite Cooking School"
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This program is sponsored by...



College of Agricultural and Environmental Sciences
College of Family and Consumer Sciences

The University of Georgia * College of Agricultural and
Environmental Sciences * Cooperative Extension

The University of Georgia and Ft. Valley State University, the U.S.
Department of Agriculture and counties of the state cooperating.
Cooperative Extension offers educational programs, assistance and
materials to all people without regard to race, color, national origin,
age, gender or disability. We are an equal opportunity/affirmative
action organization committed to a diverse workforce.

Name

Address

Address 2

City

Zip

Day Phone

Evening Phone

E-mail Address

Please register at least 24 hours before the class begins via phone or fax.
Phone:404-298-4080 or Fax 404-298-3084

Program Schedule & Discussion Topics

Tuesday, January 24th	“New Year, New You: Winning at Losing”
Tuesday, February 28th	“Heart Disease & Diabetes: What’s the Connection?”
Tuesday, March 27th	“Nutrition Awareness & Diabetes”
Tuesday, April 24th	“Foot Care and Diabetes”
Tuesday, May 22nd	“Let’s Get Physical: Diabetes & Physical Fitness”
Tuesday, June 19th*	“Diabetes Medication: What You Should Know”
Tuesday, July 24th	“Rite Bite Cooking School”
Tuesday, August 28th	“Rite Bite Cooking School”
Tuesday, September 18th*	“Rite Bite Cooking School”
Tuesday, October 23rd	“Rite Bite Cooking School”
Tuesday, November 13th	“Rite Bite Cooking School”
Tuesday, December 11th	“Rite Bite Cooking School”

* This class is on the 3rd Tuesday of the month.

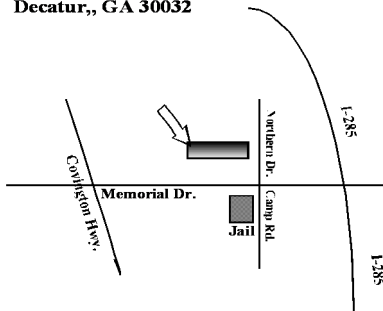
Registration: 6:00-6:15 p.m.

Class: 6:15-8:00 p.m.

Location: **DeKalb Cooperative Extension**
Demonstration Kitchen
4380 Memorial Dr., Ste. 200
Decatur, GA 30032

Fee: **THIS IS A FREE PROGRAM!!**

DeKalb Cooperative Extension
4380 Memorial Dr., Ste. 200
Decatur,, GA 30032



Learning for Life

MEET YOUR FACILATATOR

Jessica E. Hill, Director & County Extension Coordinator (CEC)

- ◆ B.S., Community Health, University of Illinois, Urbana - Champaign Campus
- ◆ MSW., Social Work, University of Illinois, Urbana - Champaign Campus
- ◆ Areas of Specialization includes:
 - ◆ Health/Wellness and
 - ◆ Parenting

Dear Program Participant:

Congratulations! You have made the first step to learning all about Diabetes Prevention. This program is designed for persons who are diabetic, those caring for someone with diabetes, border-line diabetics, or those just wanting to obtain more information about preventing diabetes.

We are here to be your partners on your journey, so do not hesitate to contact us for educational information and advice. We look forward to your participation in this fun and interactive program.

Sincerely,

Jessica E. Hill

Jessica E. Hill
Director, County Extension Coordinator
DeKalb County

DIABETES STATISTICS

Did You Know...

- ◆ 7% of adults 18 years and older in DeKalb have been told by a health professional they have diabetes*
- ◆ Diabetes is the top leading cause of morbidity in DeKalb 2010*
- ◆ Diabetes can cause serious health complications including heart disease, blindness, kidney failure and foot and leg amputations*
- ◆ Diabetes is the 7th leading cause of death in the United States+

* Taken from DeKalb County Board of Health's 2010 Status of Health in DeKalb Report

+ Taken from Center of Disease Control and Prevention's National Diabetes Fact Sheet 2011

Don't be a Statistic! DeKalb Cooperative Extension is Here to Help You Prevent and Manage Your Diabetes!