



Testimonials

"I have lost 5 pounds since taking the class. Love the food demonstrations!"

"The Dining with Diabetes class helped me realize the importance of reading labels. I have lost weight and my A1C has gone down from 8.4 to 7.2"

For more information

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University programs, activities, and facilities are available to all without regard to race, color, sex, gender identity or expression, sexual orientation, marital status, age, national origin, political affiliation, physical or mental disability, religion, protected veteran status, genetic information, personal appearance, or any other legally protected class.



Dining with Diabetes

 The program is led by Registered Dietitians and trained University of Maryland Extension Educators in consultation with Registered Dietitians.


Dining with Diabetes is a national program designed for adults with type 2 diabetes. The program teaches skills needed to identify and understand important information about managing this disease.



UNIVERSITY OF
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EXTENSION



Our Program Series

Dining with Diabetes complements and does not replace other diabetes education and management programs. It includes a series of four weekly, 2 hour sessions, and a three month follow up session.

WEEK	DATE	TIME
Week 1: What is Diabetes?	January 7, 2026	1:00-3:00 pm
Week 2: Carbohydrates and Sweeteners	January 14, 2026	1:00-3:00 pm
Week 3: Fats and Sodium	January 21, 2026	1:00-3:00 pm
Week 4: Vitamins, Minerals, and Fiber	January 28, 2026	1:00-3:00 pm

Location

Washington County Extension Office
7303 Sharpsburg Pike
Boonsboro, MD 21713

Cost \$20

The cost to attend includes food demonstrations, tastings, a program resource and recipes (including several cultural recipes). For information on how to apply for scholarships to attend the program, contact the educator teaching the program.

PARTICIPANTS WILL LEARN

- menu planning
- carbohydrate counting
- portion control
- label reading
- healthy fats
- the importance of fiber in managing diabetes

Participants will discover healthy foods and receive recipes and handouts specific to each weekly topic.

Note: Individual meal plans or guidance will not be provided.
You will be asked to complete a 7-10 minute survey during the program.

WHO SHOULD ATTEND

The Dining with Diabetes program is available to anyone, 18 years or older who:

- Is at-risk for or currently has type 2 diabetes
- Has pre-diabetes
- Is a family member, caregiver or provides support for people with type 2 diabetes
- Wants to learn more about managing and preventing type 2 diabetes

REGISTER

AT <https://DiningWithDiabetesInPerson.eventbrite.com>

If you have questions please contact Lisa McCoy, lmccoy@umd.edu or call 301-791-1304 or 301-226-7527

If you need a reasonable accommodation to participate in any event or activity, please contact Lisa McCoy, RDN (program leader/agent/designee) on or before 1/5/26 at 301-791-1304.