

**Take charge of your  
Health in 2026!**

## **2026 Dining with Diabetes Program**

Join us for Dining with Diabetes, a diabetes education program for adults with type 2 diabetes or pre-diabetes and their families. Dining with Diabetes teaches healthy meal planning and other self-management skills.

The Dining with Diabetes program is offered as a series of four weekly classes and one follow up class after three months.

Virtual participants will receive materials either in the mail or online, depending on their preference.

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

### **Session Dates:**

**Wednesdays**  
**January 7, 14, 21, 28**

**6:00-7:30 pm**

### **Location:**

Virtual via zoom

### **Cost:**

**\$15**

### **Registration Link:**

**<https://diningwithdiabetes.eventbrite.com/>**

**or call Lisa McCoy at 301-226-7527**

If you need reasonable accommodation to participate in any event or activity, please contact **Lisa McCoy, RDN** at least two weeks prior to the event at **301-226-7527** or **lmccoy@umd.edu**.

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