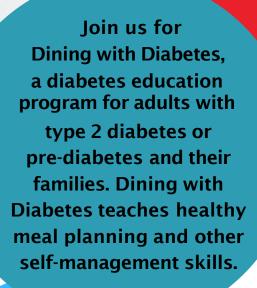






Take charge of your Health in 2026!



Session Dates:

<u>Wednesdays</u> January 7,14, 21, 28

6:00-7:30 pm

Location:

Virtual via zoom

Cost:

<u>\$15</u>

2026
Dining with
Diabetes
Program

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

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.

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 <u>Lisa McCoy</u>, <u>RDN</u> at least <u>two weeks</u>

prior to the event at 301-226-7527 or Imccoy@umd.edu.

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