

Diabetes Management Class Offered by Nebraska Extension

Diabetes is a serious problem, but research shows that controlling diabetes makes a huge difference. If one keeps blood sugar close to normal it reduces the chances of serious health problems such as blindness, kidney failure and amputations.

The class, ***Control Diabetes for Life*** will be offered by Nebraska Extension at three locations in the North Panhandle:

Chadron Extension, 250 Main Street, Monday March 27, 12:30-2:30 pm

Alliance Extension, 415 Black Hills Ave., Tuesday March 28, 12:30-2:30 pm

Rushville Extension, 105 Loofborrow, Wednesday March 29, 12:30-2:30 pm

Those planning to attend need to register by Friday March 24 with their County Extension office by calling 432-3373, 762-5616 or 327-2312. The Nebraska School Food Service Association has approved this session for two hours of Continuing Education Credits.

Topics of the program ***Make Your Commitment to Diabetes Self-Management*** include: "Commit to Be Fit", "Fiber and Protein in Your Diet", "Do's and Don'ts for Dealing with Criticism", and "What's New in Diabetes Care", along with other helpful hints. Participants also will receive recipes adapted for diabetic diets and may sample a new recipe of a diabetic appropriate food.

Team teaching the program will be Deborah Willcox, R.D., L.M.N.T., Certified Diabetes Educator Stacie Petersen, R.N., B.S.N., and Terry Nelson, DPT all of Franciscan Care Services in West Point, and Debra Schroeder, M.S., Nebraska Extension Educator. This program is offered for free.

For more information email Nebraska Extension Educator Jamie Goffena at jgoffena2@unl.edu.