

Diabetes Class Offerings



Can be offered as a series OR individually • In Person & Virtual Options Available for Every Class
All classes are led by a Registered Dietitian

What is Diabetes?

34.2 million Americans, just over 1 in 10, have Diabetes. 88 million American adults, 1 in 3, have Pre-Diabetes. With rates that high, most people know someone with Diabetes or Prediabetes. This class is a great introduction for anyone looking to learn more about the disease.

Identifying & Preventing Diabetes

This class is best for those with Prediabetes or who think that they (or a loved one) may be at risk for Diabetes. Topics include an in depth look at risk factors for diabetes as well as lifestyle changes that may help reduce your risk of having diabetes in the future. Available in Spanish

Diabetes 101: Diagnosed with Diabetes, Now What?

This class covers the basics that you need to know if you or a loved one were diagnosed with Diabetes. Participants will learn about diabetes as well as self-management skills including meal planning, self-testing blood glucose levels, working with providers, and stress management. Available in Spanish.

Carb Counting 101

This class is great for those with Type 1 Diabetes or anyone who would like to learn more about the Carbohydrate Counting method. Participants will review the basics of carb counting and label reading. The presentation will demonstrate how to apply those basics to meal planning.

Dining with Diabetes

Being diagnosed with Diabetes or Prediabetes does not mean that your meals must be boring. This class will dive into the basics of dining with diabetes, from nutrition education to mouth-watering meal suggestions to enjoy in your home or while dining out. Our virtual option includes interactive activities such as practicing ordering out from local menus. Our in-person option is a hands-on cooking class.

SCHEDULING: Each workshop is 1 hr long and can be scheduled during the day or evening. \$200 per workshop. To schedule any of the above workshops at your library, or if you have any questions, contact Linda Altenburger, CCE Diabetes Program Manager: la276@cornell.edu

Please contact the Cornell Cooperative Extension of Suffolk County office if you have any special needs.

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