

Diabetes Cook Along

Dates of the 4-week class:

- Wednesdays, starting January 25th

Time and Place:

- 4 - 5:30 pm
- Salina Senior Center 375 N 400 W,
Salina Utah

Registration:

- You may register online, call, or email -
 - <https://tinyurl.com/yeyvw4sd>
 - Call - 435-893-0471
 - Email - kari.ure@usu.edu

Bring a friend or loved one and come learn how to manage your diabetes symptoms and discover new cooking techniques to create tasty, diabetes-friendly meals!

Participants will also receive a meal during class, a diabetes cookbook, and a chance to win door prizes!



Extension
UtahStateUniversity



WHAT IS THE PURPOSE OF THIS STUDY?

The purpose of this study is to measure the effect of diabetes cooking and information classes on changes to your overall health. You will be asked to complete 3 surveys, one at the beginning of the class, one at the end of the classes, and one 3 months after the class is over. You will also be asked to provide researchers with other general information like your height, weight, and A1C. The surveys and gathering other information should not take more than 20 minutes at a time.

WHY AM I PARTICIPATING IN THIS STUDY?

You are being asked to participate in this study because you have diabetes and you signed up for our Diabetes Facts and Cooking Class.

All communications will happen at the class or through the email you provide to us.

For more information, contact us at:

Jenna Dyckman
jenna.dyckman@usu.edu

April Litchford
april.litchford@usu.edu

IRB Protocol #: 12129

Diabetes Facts & Cooking Class

Dates of the 4-week class:

- Thursday, February 2nd, 9th, 16th, and 23rd

Time:

- 6-7:30pm

Registration: Use your phone and scan this QR code to register!



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