



Lee Ann Clark
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News Release

Extension Offers Diabetes & Your Diet Day School

The St. Clair County Extension office is pleased to offer a Diabetes & Your Diet Day School on Wednesday, March 16th from 10 a.m.—2 p.m. The school will be held in the St. Clair County Extension Office auditorium which is located on the lower level of the St. Clair County Courthouse in Pell City in Suite 103. The class is FREE and lunch will be provided for registered participants. Due to space limitations, the class is limited to 20 people. The deadline to register is Monday, March 14th.

This class is designed for you or someone you love that has been newly diagnosed with diabetes or just struggling to manage diabetes and their diet. The one day school will be taught by Jennifer Dutton, Regional Extension Agent and Registered Dietitian with the Alabama Cooperative Extension System.

Topics to be covered include:

- Diabetic Meal Planning
- Diabetic Menus & Recipes
- Carb Counting
- Portion Sizes
- Glycemic Index & Glycemic Load
- Weight Management
- And Healthful Whole Grains

To register or for more information about the class please call the St. Clair County Extension office at (205) 338-9416.