

Dining with Diabetes Reservation Form

Registration: **\$40**

Register by: **One week prior to 1st class**

Name(s): _____

Address (street, city, zip): _____

Phone: _____ County: _____

E-mail: _____

Make check or money order payable to:
OSU Extension

Mail form and payment to:
OSU Extension, Hancock County
7868 CR 140 Suite B
Findlay OH 45840

_____ Number registered

_____ Amount enclosed

_____ Check or money order

_____ Cash



Take Charge with Dining with Diabetes

Sign up for Dining with Diabetes and you'll learn how to incorporate good, healthy cooking techniques and other practices to help you control your blood sugar.

At Dining with Diabetes, you will:

- Watch live cooking demonstrations.
- Sample delicious food prepared for you.
- Gain new insights on healthy eating.
- Learn new skills to manage your diabetes.

**Dining with Diabetes is coordinated by
Ohio State University Extension and:**

Blanchard Valley Regional Health System

OHIO STATE UNIVERSITY EXTENSION

Dining with Diabetes



**NOW is the time to take
charge of your diabetes!**



**THE OHIO STATE
UNIVERSITY**

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

What is Dining with Diabetes?

Dining with Diabetes is a cooking school and nutrition education program designed for people with diabetes, & their family members/caregivers.

In a series of four classes, cooking demos will help you learn healthy techniques to use in your own kitchen. The program includes sampling healthy foods and discussion with a dietitian or certified diabetes educator, plus a follow-up reunion class held at a later date.

Who will benefit?

Anyone with concerns about diabetes or anyone interested in controlling blood sugar is welcome to participate and to bring a family member, friend, caregiver, or other support person.

Where are the classes held?

Blanchard Valley Hospital
1900 South Main Street, Findlay
Cardiac Rehab Department
2nd floor, Ruse Center

When are the classes?

Spring - March 3, 10, 17 10 am–12 pm

Summer - June 9, 16, 23 2-4 pm

Sp/Su Reunion class: Sept 15 10 a.m. -12 p.m.

Fall - Oct. 6, 13, 20 6-8 pm

Fall Reunion class: January 12, 2016 6 – 8 p.m.

(Note: the initial class session is 30 minutes longer)

How can I get more information?

To learn more about Dining with Diabetes and/or to pre-register, contact us at:

Shawn Ochs

7868 CR 140 Suite B

Findlay OH 45840

419-422-3851

Or you can e-mail Shawn at Ochs.34@osu.edu

Visit us on the web: hancock.osu.edu

Dining with Diabetes is coordinated by:

Ohio State University Extension Hancock Co.

Who are the instructors?

- **Shawn Ochs, Extension Educator**
OSU Extension Hancock Co., Maumee Valley
EERA
- **Julie Russell, Registered Dietician**
Blanchard Valley Regional Health Center
- **Natasha Wappelhorst, Exercise Physiologist**
Blanchard Valley Regional Health Center

What is the cost?

\$40, per participant, for all 4 sessions

How can I enroll?

- Registration fee is \$40, and you should plan to attend all four class sessions when you enroll.
- Registration deadline is one week prior to 1st class
- Class limited to 15 participants (6 minimum needed)
- To register, send the attached form and \$40 registration fee to:

OSU Extension Hancock County
7868 CR 140 Suite B, Findlay OH 45840

Make check payable to OSU Extension

Hancock County Extension embraces human diversity and is committed to ensuring that all research and related educational programs are available to clientele on a nondiscriminatory basis without regard to age, ancestry, color, disability, gender identity or expression, genetic information, HIV/AIDS status, military status, national origin, race, religion, sex, sexual orientation, or veteran status. This statement is in accordance with United States Civil Rights Laws and the USDA.

Keith L. Smith, Associate Vice President for Agricultural Administration; Associate Dean, College of Food, Agricultural, and Environmental Sciences; Director, Ohio State University Extension; and Gist Chair in Extension Education and Leadership.

For Deaf and Hard of Hearing, please contact Hancock County Extension using your preferred communication (e-mail, relay services, or video relay services). Phone 1-800-750-0750 between 8 a.m. and 5 p.m. EST Monday through Friday. Inform the operator to dial 419-422-3851.



From Dining with Diabetes Participants:

▪ “The doctor tells you very, very little. You go to the drug store, and they tell you very little. There’s no one to tell the newly diagnosed people what they need to know. Dining with Diabetes is definitely needed—it fills that void.”

—Bob

▪ “I highly recommend anyone with diabetes to take this program.”

—Teresa

▪ “This course is an eye-opener. . . . It can add months or years to your life.”

—Jim

