

BENEFITS

New Recipes

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Taste-Testing

*

Support

*

Helpful Information



Ohio State University Extension

INSTRUCTORS:

Cheryl Barber Spires, R.D., L.D.
Ohio State University
Extension Educator,
Family and Consumer Sciences

Audra Roesti, R.D., L.D.
Fulton County Health Department
Cardiovascular Health Educator

Susan Dittes, R.N., C.D.E.
Fulton County Health Center
Diabetes Education Coordinator



Fulton County
Health Department
606 S. Shoop Ave., Wauseon, OH 43567



OSU Extension
8770 State Route 108, Suite A
Wauseon, OH 43567

Phone: 419-337-9210
Fax: 419-337-9279

Email:
spires.53@cfaes.osu.edu

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Keith L. Smith, Ph.D., Associate Vice President for Agricultural Administration and Director, Ohio State University Extension. TDD No. 800-589-8292 (Ohio only) or 614-292-1868

Dining



with Diabetes

Ohio State University Extension

*A cooking school program
for people with diabetes
and their families.*

Tuesdays,
April 14, 21, 28, 2010
2:00—4:00 p.m.

Ohio State University Extension
Robert Fulton Agriculture Center
8770 ST RT 108, Ste. A
Wauseon, OH

PRESENTED BY:
FULTON COUNTY HEALTH CENTER,
FULTON COUNTY HEALTH
DEPARTMENT
AND
OHIO STATE UNIVERSITY
EXTENSION

SESSION TOPICS

Session 1

Wednesday, April 14, 2010
Carbohydrates & Sweeteners

Session 2

Wednesday, April 21, 2010
Fats and Sodium

Session 3

Wednesday, April 28, 2010
Vitamins, Minerals, and Fiber



INFORMATION

- The program is designed for people of all ages with diabetes, the newly-diagnosed and those who have lived with diabetes for years. Caregivers and support persons are welcome.
- The three-class series includes learning, demonstrations, and tasting small samples of healthy foods. A three-month reunion will be scheduled.
- Attendance is limited to 30.
- Fulton County Health Center is pleased to provide financial support for this program to keep your registration fees affordable.



REGISTRATION

Name
Street Address
City
State, Zip Code
Phone Number
Email Address

Space is limited!
Register by April 9.

Mail this completed form
and a check for \$10 per
person made payable to:

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