

Dining with Diabetes Reservation Form

Registration: **\$30.00 per person**

Registration Deadline: **April 12, 2010**

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

100 Fairground Rd.

Xenia, OH 45385

Or call (937)372-9971

_____ 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

NOW is the time to take charge of your diabetes!



Presented by Ohio State University Extension

April 19, 26, and May 3, 2010

Reunion August 17, 2010

6:00 – 8:00 p.m.

Greene County Fairgrounds

EMPOWERMENT THROUGH EDUCATION

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



Greene County Combined Health District
360 Wilson Drive
Xenia, Ohio 45385
937-374-5600 / 1-866-858-3588

What is Dining with Diabetes?

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

In a series of three classes, cooking demonstrations 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 encouraged to participate and to bring a family member, friend, caregiver, or other support person.

Where will the classes be held?

Greene County Fairgrounds
100 Fairground Rd.
Xenia, OH 45385

When are the classes?

April 19, 26, and May 3, 2010
Reunion August 17, 2010
6:00 –8:00 p.m.

Ohio State University 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 race, color, religion, sex, age, national origin, sexual orientation, gender identity or expression, disability, or veteran status. This statement is in accordance with United States Civil Rights Laws and the USDA.

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.

If you have questions concerning access or accommodations, please contact **Your info here**. Early requests are encouraged.

Who are the instructors?

Jean DeBrosse
Program Assistant
Ohio State University Extension

Joyce Rickels, LD, RD
Greene County Combined Health District

What is the cost?

\$30.00 per person, includes all 4 sessions

How can I enroll?

Complete the reservation form in this brochure or contact us (see information below).

Payment to hold a spot is required by:
April 12, 2010

How can I get more information?

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

Brenda Sandman-Stover
OSU Extension
100 Fairground Rd.
Xenia, OH 45385
(937) 372-9971

Or you can e-mail us:
gree@ag.osu.edu

The registration form is also available online:
www.greene.osu.edu



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

