

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. 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.

In a series of three classes, you will:

- Watch live cooking demonstrations.
- Sample delicious food.
- Learn new skills to manage your diabetes.

WHO SHOULD ATTEND?

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.

Dining With Diabetes



THE OHIO STATE UNIVERSITY

FAMILY AND CONSUMER SCIENCES

THE COLLEGE OF EDUCATION AND HUMAN ECOLOGY

THE COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES

CFAES provides research and related educational programs to clients on a nondiscriminatory basis. For more information:
<http://go.osu.edu/cfaesdiversity>.

REGISTRATION FORM

Name(s): _____

Address (Street, city, zip): _____

Phone: _____

E-mail: _____

County: _____

Mail to:

OSU Extension, Monroe County
or call 740-472-0810 **by June 10** to
reserve your spot.

WHEN ARE THE CLASSES?

6:00-8:00pm

Thursday, **June 11th**

Tuesday, **June 16th**

Thursday, **June 25th**

WHERE WILL THE CLASSES BE HELD?

OSU Extension Monroe County Office
Conference Room (1st floor of court house)
101 N. Main St.
Woodsfield, Ohio 43793

WHO WILL BE PRESENTING?

Carol Schumacher, Diabetes Educator
Kristen Corry, Extension Educator

CO-SPONSORED BY:

Ohio State University Extension Monroe County
Woodsfield Family Care
Eastern Ohio Diabetes Association



HOW CAN I GET MORE INFORMATION?

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

OSU Extension Monroe County
101 N. Main St., Rm 17
Woodsfield, OH 43793
740-472-0810

Or you can e-mail us:
Kristen Corry, Extension Educator
Family and Consumer Sciences
corry.10@osu.edu

WHAT PAST PARTICIPANTS HAVE SAID

- “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