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 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.

ATTEND DINING WITH DIABETES AND TAKE CHARGE TODAY

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.

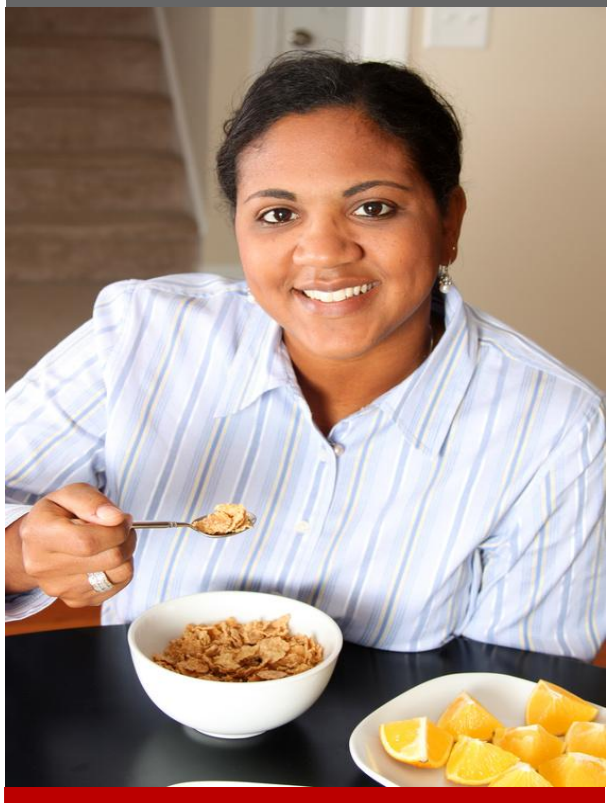
Fayette County Extension
1415 US Rte 22 SW Suite 100
Google maps 1415 Clinton Ave.
Washington CH OH 43160
Phone: 740-335-1150
Fax: 740-335-2757

email: brinkman.93@osu.edu
Visit us online at: fayette.osu.edu

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

OHIO STATE UNIVERSITY EXTENSION

Dining With Diabetes



THE OHIO STATE UNIVERSITY

THE COLLEGE OF EDUCATION AND HUMAN ECOLOGY

THE COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES

RESERVATION FORM

Name(s): _____

_____

Address (Street, city, zip): _____

_____

_____

Phone: _____

E-mail: _____

County: _____

Make check or money order payable to:
OSU Extension Fayette County
Cost per person $15.00 _____
Cost couple: $25.00 _____

Mail form and payment to:
OSU Extension Fayette County
1415 US Rte 22 SW Suite 100
Washington Court House OH 43160

WHEN ARE THE CLASSES?

March 2nd, 9th and 16th
Reunion class at a later date.

Time: 5:30 p.m. to 7:30 p.m.

WHERE WILL THE CLASSES BE HELD?

Agricultural Center Meeting Room
1415 US Rte 22 SW, Washington CH OH

Google Map address: 1415 Clinton Ave. Washington Court House OH 43160

WHAT IS THE COST?

$15.00 per person and $25.00 per couple for all 3 sessions
Scholarships are available. Ask for scholarship form if needed.

HOW CAN I ENROLL?

Complete the reservation form on this brochure or contact us.
Payment to hold a spot is required by: Your registration deadline

HOW CAN I GET MORE INFORMATION?

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

OSU Extension Fayette County
1415 US Rte 22 SW Suite 100
Washington Court House OH 43160

Contact Pat Brinkman
Phone: 740-335-1150

Or you can e-mail us: brinkman.93@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

Register Today!