

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.



Public Health
Prevent. Promote. Protect.
Greene County

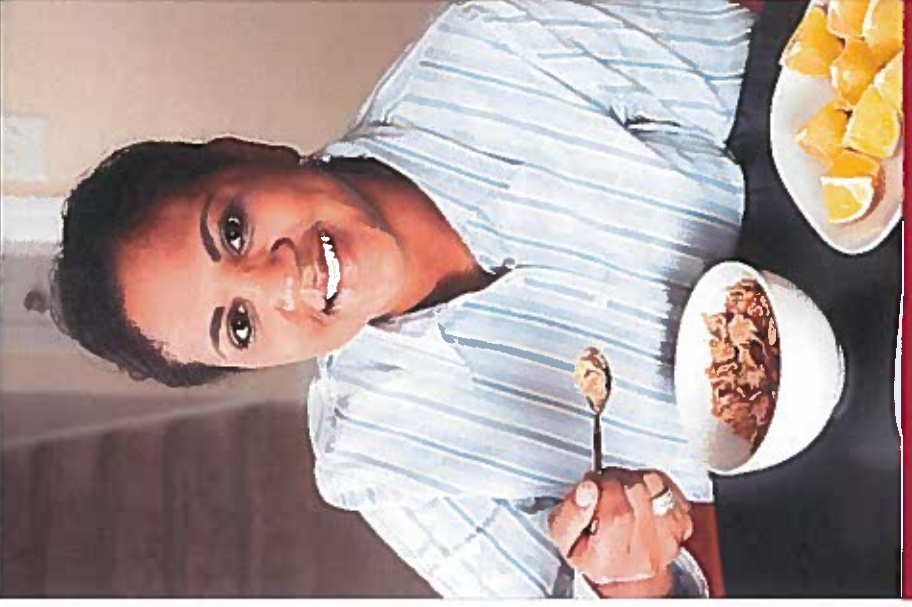
OSU Extension, Greene County
100 Fairground Road
Xenia, Ohio 45385
Phone: 937-372-9971
Fax: 937-372-4070

email: hart.382@osu.edu

Visit us online at: www.greene.osu.edu

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

Dining With Diabetes Spring 2016



RESERVATION FORM

Name(s): _____

Address (Street, city, zip): _____

Phone: _____

E-mail: _____

County: _____

Make check or money order payable to:
OSU Extension, Greene County

Mail form and payment to:
*100 Fairground Road
Xenia, Ohio 45385*

WHEN ARE THE CLASSES?

Monday, April 18th at 6:00 -8:00 p.m.

Monday, April 25th at 6:00-8:00 p.m.

Monday, May 2nd at 6:00-8:00 p.m.

Reunion will be held on Monday, August 8th from
6:00-8:00 p.m.

WHERE WILL THE CLASSES BE HELD?

OSU Extension, Greene County
100 Fairground Road
Xenia, Ohio 45385

WHAT IS THE COST?

\$35.00 per person

HOW CAN I ENROLL?

Complete the reservation form on this brochure
or contact us at 937-372-9971 ext. 116.

Payment to hold a spot is required by: Your
registration deadline is Thursday, April 14th.



HOW CAN I GET MORE INFORMATION?

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

OSU Extension, Greene County
100 Fairground Road
Xenia, Ohio 45385

Melanie at 937-372-9971 ext. 112

Brenda at 937-372-9971 ext. 116

Or you can e-mail us:

hart.382@osu.edu
sandman-stover.1@osu.edu

Registration is also available on-line:

www.greene.osu.edu/fcs

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!