

Dining with Diabetes Workshop

RECIPES * FOOD TASTING & DEMOS



Changing your diet and cooking habits is a real challenge. Dining with Diabetes is an interactive cooking school that will give you motivation and resources to meet the challenge.

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

Session #1 – Living Well with Diabetes

Session #2 – Carbohydrates & Sweeteners

Session #3 – Fats and Sodium

Session #4 – Putting It All Together

For more information contact:
Brenda Sandman-Stover
937-372-9971, ext. 116
Sandman-stover.1@osu.edu

Fall Workshop

- October 15, 22, 29 and November 5, 2018
- 6:00 – 8:00 PM
- \$35.00 per participant for all four sessions
- Buckeye Room
(Greene County Extension Office)
100 Fairground Road, Xenia, Ohio 45385

Presented by:



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

in partnership with



Public Health
Prevent. Promote. Protect.
Greene County

Please register online at:

<http://go.osu.edu/DiningWithDiabetes>



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

greene.osu.edu

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