

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:

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Spring Workshop

- April 3, 10, 17 and 24, 2019
- 6:00 – 8:00 PM
- \$30.00 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

REGISTRATION INFORMATION for Dining with Diabetes. Payable by cash, check or money order. Make check payable to "OSU Extension, Greene County." Please mail to 100 Fairground Road, Xenia, Ohio 45385. Sorry, no refunds. One registration form per person.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Email address: _____ Best Phone #: _____

How did you hear about the event? _____

I plan to attend the DWD reunion on July 17, 2019: Yes _____ No _____

Amount Enclosed: _____



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