

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.



OSU Extension – Clark county

3130 East Main Street
Springfield, OH 45505
Phone: 937-521-3860
Fax: 937-328-4609

email: green.1405@osu.edu

Visit us online at: <http://clark.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



RESERVATION FORM

Name(s): _____

Address (Street, city, zip): _____

Phone: _____

E-mail: _____

County: _____

Make check or money order payable to:
Ohio State University Extension

Mail form and payment to:
OSU Extension – Clark County
Attn: Dinning with Diabetes
3130 East Main Street
Springfield, OH 45505

WHEN ARE THE CLASSES?

Saturdays, September 19, 26 & October 3
1:00-3:00 p.m.

WHERE WILL THE CLASSES BE HELD?

Springview Government Center
(Lower Level)
3130 East Main Street
Springfield, OH 45505

WHAT IS THE COST?

\$10.00

HOW CAN I ENROLL?

Complete the reservation form on this brochure
or contact us.

Payment to hold a spot is required by:
September 12, 2015



HOW CAN I GET MORE INFORMATION?

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

Kathy Green
3130 East Main Street
Springfield, OH 45505
937-521-3860

Or you can e-mail us:
green.1405@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!