

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.



**2016
Dining with Diabetes
Instructors:**
Marietta Memorial Hospital
Diabetes Education Center
Educators and Ohio State
University Extension
Educator

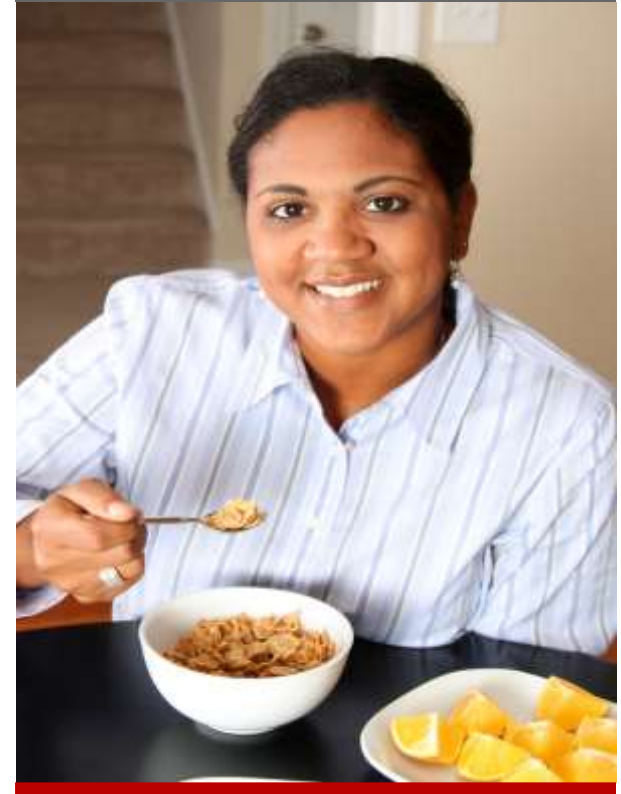
OSU Extension – Washington County

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

Dining With Diabetes



THE OHIO STATE UNIVERSITY

FAMILY AND CONSUMER SCIENCES
THE COLLEGE OF EDUCATION AND HUMAN ECOLOGY
THE COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES

Dining With Diabetes RESERVATION FORM

Name(s): _____

Address (Street, city, zip): _____

Phone: _____

E-mail: _____

___ **March 3, 10, & 17 at 1:00pm-3:00pm**

___ **June 22, 29, & July 6 at 6:00pm-8:00pm**

___ **October 17, 24, & 31 at 10:00am-
12:00pm**

Fee: \$18.00 per person

Make check or money order payable to:
OSU Extension

Mail form and payment to:
OSU Extension
202 Davis Avenue
Marietta, OH 45750

WHEN ARE THE 2016 CLASSES?

Thursdays, March 3, 10, & 17 at 1pm-3pm
Wednesdays, June 22, 29, & July 6 at 6pm-8pm
Mondays, October 17, 24, & 31 at 10am-12pm

WHERE WILL THE CLASSES BE HELD?

OSU Extension – Washington County
202 Davis Avenue
Marietta, OH 45750

WHAT IS THE COST? \$18.00 per person

HOW CAN I ENROLL?

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

March class registration deadline is February 26.

June/July class registration deadline is June 15.

October class registration deadline is October 10.



HOW CAN I GET MORE INFORMATION?

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

Amanda Bohlen
202 Davis Avenue
Marietta, OH 45750
Phone: 740-376-7431

Or you can e-mail us:

bohlen.19@osu.edu

Registration form is also available on-line:

washington.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.”
- “I really enjoyed the class; it definitely increased my knowledge on how to better manage my eating habits. The staff was very helpful in answering my questions and concerns in regards to diabetes. I would highly recommend this class to anyone with diabetes and family, friends, and caretakers of diabetics.”

Register Today!