



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 four 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.

**Ohio State University Extension
Pike County**
313 Mill Street
Pike, OH 45661

Phone: 740-289-4837
Email: jones.5640@osu.edu
Online: pike.osu.edu



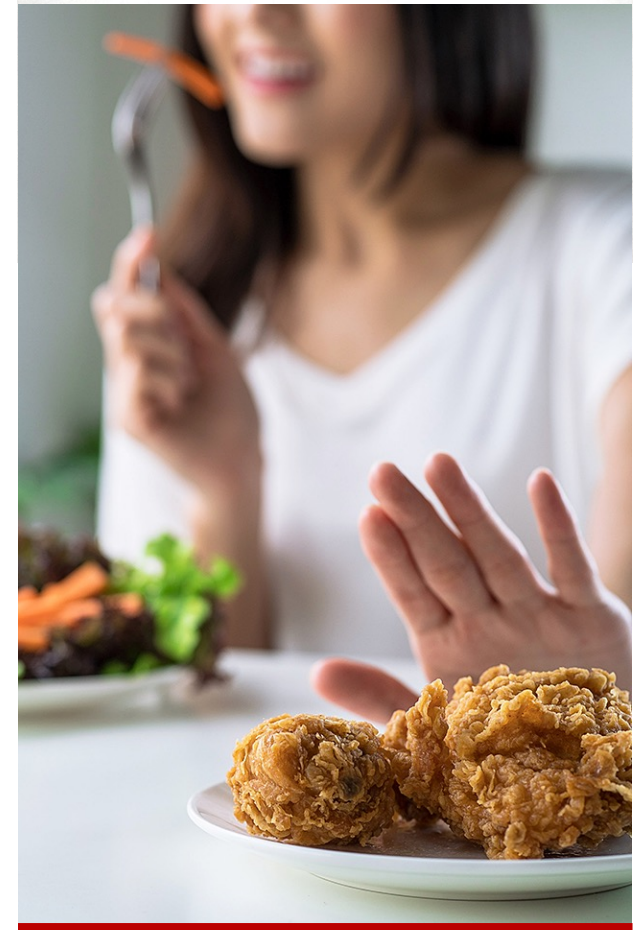
**THE OHIO STATE
UNIVERSITY**
EXTENSION

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CFAES

COLLEGE of FOOD, AGRICULTURAL,
and ENVIRONMENTAL SCIENCES

Dining with Diabetes



**OSU EXTENSION PIKE COUNTY
FAMILY AND CONSUMER SCIENCES**

Reservation Form

Name(s):

Address (street, city, ZIP):

Phone:

E-mail:

County:

Mail completed form to:

OSU Extension Pike County
313 Mill Street, Piketon, OH 45661

Space is limited and reservations must be received by September 26!



When are the classes?

October 3, 10, 17 and 24 (Mondays)

What time are the classes?

5:30 – 7:30 p.m.

Where will the classes be held?

Adena Pike Medical Center
100 Dawn Lane
Waverly, OH 45690

What is the cost?

No cost for Adena Health System or
Valley View Health Center patients

How can I enroll?

Complete the reservation form to the left and
mail it to the included address **OR** contact us.

Registration deadline

Space is limited and reservations must be
received by September 26!

How can I get more information?

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

OSU Extension Pike County
Tammy Jones, FCS Educator
313 Mill Street
Piketon, OH 45661

Phone: 740-289-4837

Email: jones.5640@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

