



Virtual Dining with Diabetes

Do you or someone you love have diabetes? With 30 million diabetics in America, you are not alone! You will learn how to incorporate good, healthy cooking techniques and other practices to help control your blood sugar through our cooking school and nutrition education program designed for people with diabetes and their family members or caregivers.

Dates:	February 6, 2023	10:00 am – Noon
	February 13, 2023	10:00 am – Noon
	February 20, 2023	10:00 am – Noon
	February 27, 2023	10:00 am – Noon

Cost: *Free*

Registration: <https://go.osu.edu/dwdfeb23>

Questions: Contact Beth Stefura RD, LD, FCS Extension Educator, Mahoning County, stefura.2@osu.edu, Marie Economos, FCS Extension Educator, Trumbull County, economos.2@osu.edu or call 330-638-6783 or Margaret Jenkins, jenkins.188@osu.edu, FCS Educator, Clermont County.

