



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 especially for people with diabetes and their family members or caregivers.

Dates:	February 7, 2022	10:00 a.m. – Noon
	February 14, 2022	10:00 a.m. – Noon
	February 21, 2022	10:00 a.m. – Noon
	February 28, 2022	10:00 a.m. – Noon

Cost: **FREE**

Registration: go.osu.edu/dwd2022

Questions: Please contact one of the following Family and Consumer Sciences educators:
Beth Stefura RD, LD, stefura.2@osu.edu, Mahoning County; Margaret Jenkins, jenkins.188@osu.edu, Clermont County;
Marie Economos, economos.2@osu.edu, Trumbull County; or call 330-638-6783.

