Dining with Diabetes

**Dining with Diabetes** is a cooking and nutrition education program for people with diabetes or at-risk for diabetes and their family members.

**In a series of four classes, participants:**
- Learn skills to manage diabetes
- Make and sample delicious food
- Receive diabetes-friendly recipes

Register for the next class series today! Contact one of the instructors or visit [go.osu.edu/DWD2020](http://go.osu.edu/DWD2020) by February 28 to reserve your spot.

**When:** Tuesday evenings - March 3, 10, 17 & 24 - 5:30-7:00 pm

**Where:** The Kunz-Brundige Franklin County Extension Building
2548 Carmack Road, Columbus, OH 43210

**Cost:** $20* (*Morrow Co. residents pay $10 – cost offset by levy funds)

**Co-hosted by:** Jenny Lobb, Family and Consumer Sciences Educator, OSU Extension Franklin County and Candace Heer, Family and Consumer Sciences Educator, OSU Extension Morrow County

**Questions?** Contact Jenny at 614-292-7775 or lobb.3@osu.edu, or contact Candace at 419-947-1070 or heer.7@osu.edu