

# DINING WITH DIABETES

## *Beyond The Kitchen*

## Register Today!

**Dining with Diabetes: *Beyond the Kitchen*** is a **FREE** online course created by OSU Extension Family and Consumer Sciences. This online course goes “beyond the kitchen” to discuss making healthy choices when eating at restaurants, grocery shopping or planning weekly meals.

### The course includes:

- Videos
- Interactive presentations
- Fact sheets and resources
- Short surveys to test knowledge
- An open forum to share ideas, questions and tips with other course participants
- The ability to speak with Ohio State Extension professionals
- Access to websites and apps that help manage diabetes



**Dining with Diabetes: *Beyond the Kitchen*** is **self-paced** and participants can enter and leave whenever they want. Everyone who completes the course is automatically entered in a drawing for a \$100 *Amazon.com* gift card.

### Sign up is easy and free. Visit [go.osu.edu/DWDBtK](http://go.osu.edu/DWDBtK).

If you have an account with *campus.extension.org* you will be taken directly to the course. If you don't already have one, you will need to create a free account using the directions below to access the course and take advantage of all the course materials.

1. Find the account creation form on the right side of the page. Sign up with your email address.
2. You will receive a validation email. Click the link and you will go to the front page of the course catalog.
3. You will need to search for the course “Dining with Diabetes” and hit go.
4. Click on the title of the course and then scroll down the page to the “Enroll me” button. You will then be in the course!

For questions or more information, contact **Dan Remley** at [remley.4@osu.edu](mailto:remley.4@osu.edu)



THE OHIO STATE UNIVERSITY

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