



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.



Phone:

Fax:

E-mail:

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OHIO STATE UNIVERSITY EXTENSION

Dining with Diabetes



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES
COLLEGE OF EDUCATION AND HUMAN ECOLOGY
FAMILY AND CONSUMER SCIENCES

Dining With Diabetes Reservation Form

Name(s):

Address (street, city, ZIP):

Phone:

E-mail:

County:

Make check / money order payable to:

Mail form and payment to:

When are classes offered?

Where will the classes be held?

What is the cost?

How can I enroll?

Payment to hold a spot is required by:



How Can I Get More Information?

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

Or you can e-mail us:

Registration is also available on-line:

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