FOR IMMEDIATE RELEASE

Date, 2017

**Dining with Diabetes: Beyond the Kitchen**

City/County, OH, Date - Ohio State University Extension, Family and Consumer Sciences Professionals have developed free, a self-paced online course to help participants learn, share, and chat with health professionals about successfully managing diabetes.

* The course, ***Dining with Diabetes: Beyond the Kitchen***, focuses on carbohydrates, fats, sodium, vitamins, minerals, and fiber. The easy to follow three-module course includes interactive presentations, videos, activities, and access to trusted resources and apps.

Participants can expect to learn:

* How important blood sugar and carbohydrates are for managing diabetes
* How fats and sodium affect a healthy diet
* The role vitamins, minerals, and fiber play in a healthy diet
* How to make healthy food choices when eating out and grocery shopping

After completion of the course, participants receive a printable certificate. They are also automatically entered in a quarterly drawing for a $100 *Amazon.com* gift card.

**Sign up is easy and free.** Visit [***go.osu.edu/DWDBtK***](http://go.osu.edu/DWD_BTK)***.***  Participants will be asked to create an account with *campus.extension.org* where they can advantage of all the course materials.

Course instructors for **Dining with Diabetes**: ***Beyond the Kitchen***are **Cheryl Barber-Spires**, **Jami Dellifield**, **Marie Economos**, **Chris Kendle**, **Jenny Lobb**, **Amy Meehan**, **Chelsea Pekny**, **Dan Remley, Joyce Riley, Shannon Smith** and **Susan Zies**.

For questions or assistance, contact **Dan Remley** at remley.4@osu.edu or **Susan Zies** at zies.1@osu.edu.

County Contact Phone Number

County Contact:

Name

Phone

email

[***fcs.osu.edu***](http://fcs.osu.edu)