



ROSS COUNTY EXTENSION PRESENTS

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.

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.

*We're here to help...so **TAKE CHARGE** of your diabetes today!*

Register at go.osu.edu/dwdrossco



THE OHIO STATE UNIVERSITY
EXTENSION

CLASS DATES & TIMES

All classes are held on
Tuesdays in October
October 6, 13, 20 & 27
6:00 – 7:30 PM

LOCATION

Ross County Service Center
Conference Room D
475 Western Avenue
Chillicothe OH

FOR MORE INFORMATION

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

OSU Extension Ross County
Lisa Barlage, FCS Educator
475 Western Ave, Suite F
Chillicothe OH 45601

Phone: 740-702-3200
Email: barlage.7@osu.edu



This class is FREE
to all but you must
pre-register! Space is limited.



go.osu.edu/dwdrossco

Registration deadline is
MONDAY, SEPTEMBER 26