



Dining With Diabetes

April 6th, 11th, 18th & 20th

Western Branch Library
11:00 a.m. – 12:30 p. m.

Dining with Diabetes is a cooking school and nutrition education program designed for people with diabetes and their family members or caregivers.

Each of the three classes includes cooking demonstrations, sampling healthy foods and discussion with a dietitian.

Anyone with concerns about diabetes or interested in controlling blood sugar is encouraged to participate and to bring a family member, friend, caregiver, or other support person.

\$25 per person/ \$35 per couple
**fee covers all 4 classes plus a reunion class in October*

Tammy Jones

Phone: 740-289-4837

Email: jones.5640@osu.edu



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

pike.osu.edu

CF A E S provides research and related educational programs to clientele on a nondiscriminatory basis. For more information go to go.osu.edu/cfaesdiversity