Dining with Diabetes

Dining with Diabetes is a cooking and nutrition education program for people with diabetes or at-risk for diabetes and their family members.

In a series of four classes, participants:
- Learn skills to manage diabetes
- Make and sample delicious food
- Receive diabetes-friendly recipes

Register for the next class series today! Contact one of the instructors or visit go.osu.edu/DWD2019 by September 30 to reserve your spot.

When: Tuesday evenings - October 8, 15, 22 & 29 - 5:30-7:00 pm
Where: The Kunz-Brundige Franklin County Extension Building
2548 Carmack Road, Columbus, OH 43210
Cost: $20* (*Morrow Co. residents pay $10 – cost offset by levy funds)
Co-hosted by: Jenny Lobb, Family and Consumer Sciences Educator, OSU Extension Franklin County and Candace Heer, Family and Consumer Sciences Educator, OSU Extension Morrow County
Questions? Contact Jenny at 614-292-7775 or lobb.3@osu.edu, or contact Candace at 419-947-1070 or heer.7@osu.edu