

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



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