

Dining with Diabetes

WHAT IS DINING WITH DIABETES?

Dining with Diabetes is a cooking school and nutrition education program. During the four class series, learn about healthy cooking techniques, sample delicious foods and gain skills to better manage diabetes.

WHO SHOULD ATTEND?

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



WHEN ARE THE CLASSES?

Mondays, June 8, 15, 22, and 29 5:30pm- 7:30pm

WHERE WILL THE CLASSES BE HELD?

Coshocton Regional Medical Center
1460 Orange Street Coshocton, OH 43812

WHAT IS THE COST?

All four classes for just \$20 – includes educational handouts and small sized meals. Support is key with someone with diabetes to make healthy behavior changes. When you register you can bring a support person with you for an additional \$5.

Registration Deadline: March 23, 2020
Limited to 20 participants – register now!



NATIONAL EXTENSION WORKING GROUP



Public Health
Prevent. Promote. Protect
Coshocton County Health Department



Coshocton Regional
Medical Center

For Registration Information Visit:

coshocton.osu.edu



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
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