

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.



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, April 6, 13, 20 and 27, 5:30pm-7:30pm

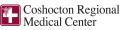


Coshocton Regional Medical Center 1460 Orange Street Coshocton, OH 43812



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!

For Registration Information Visit:

coshocton.osu.edu





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