

# WHAT IS DINING WITH DIABETES?

Nutrition education program designed for people with diabetes and their family members or caregivers.

In a series of four classes, cooking demonstrations will help you learn healthy techniques to use in your own kitchen. The program includes sampling healthy foods and discussion with a dietitian or certified diabetes educator, plus a follow-up reunion class held at a later date.

# WHO SHOULD ATTEND?

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



## ATTEND DINING WITH DIABETES AND TAKE CHARGE TODAY

Sign up for Dining with Diabetes and you'll bring techniques and other practices to help you control your blood sugar.

At Dining with Diabetes, you will:

- Watch live cooking demonstrations.
- Sample delicious food prepared for you.
- Gain new insights on healthy eating.
- Learn new skills to manage your diabetes.



### OSU Extension– Coshocton County

724 South 7th Street, Room 110  
Coshocton, OH 43812  
Phone: 740-622-2265  
Fax: 740-622-2197

email: [marrison.12@osu.edu](mailto:marrison.12@osu.edu)

Visit us online at: [coshocton.osu.edu](http://coshocton.osu.edu)

CFAES provides research and related educational programs to clients on a nondiscriminatory basis. For more information: <http://go.osu.edu/cfaesdiversity>.

OHIO STATE UNIVERSITY EXTENSION

# Dining with Diabetes



THE OHIO STATE UNIVERSITY

FAMILY AND CONSUMER SCIENCES  
THE COLLEGE OF EDUCATION AND HUMAN ECOLOGY  
THE COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES

# Registration Form

Name: \_\_\_\_\_

Address (street, city, zip):  
\_\_\_\_\_  
\_\_\_\_\_

County: \_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Support Person: \_\_\_\_\_

Address (street, city, zip):  
\_\_\_\_\_  
\_\_\_\_\_

County: \_\_\_\_\_

Email: \_\_\_\_\_

Make check or money order payable to:  
*OSU Extension*

Mail form and payment to:  
*OSU Extension— Coshocton County*  
*724 South 7th Street, Room 110*  
*Coshocton, OH 43812*

**Registration Deadline:**

**March 23, 2020**

*(Limit of 20 participants)*



## WHEN ARE THE CLASSES?

Monday, April 6, 13, 20, 27, 2020  
All classes will be 5:30- 7:30 pm

## WHERE WILL THE CLASSES BE HELD?

Coshocton Regional Medical Center  
1460 Orange Street  
Coshocton, OH 43812

## WHO ARE THE INSTRUCTORS?

- Emily Marrison, OSU Extension Educator, Coshocton Co.
- Kate Shumaker, Registered Dietitian, OSU Extension Educator, Holmes Co.
- Chris Kendle, Registered Dietitian, OSU Extension Educator, Tuscarawas Co.
- Cindy Hillbush, Registered Dietitian from Coshocton County Health Department

## WHAT IS THE COST?

\$20 per person includes all four classes  
-educational handouts  
-small sized meals that feature a variety of recipes  
Register a support person for an additional \$5 for all 4 classes

## HOW CAN I ENROLL?

Complete the registration form on this brochure or contact us.

## HOW CAN I GET MORE INFORMATION?

To learn more about Dining with Diabetes contact:

Emily Marrison,  
Family and Consumer Sciences Educator  
OSU Extension Coshocton County  
724 South 7th Street, Room 110  
Coshocton, OH 43812  
Phone: 740-622-2265  
e-mail: [marrison.12@osu.edu](mailto:marrison.12@osu.edu)

## WHAT PAST PARTICIPANTS HAVE SAID

"The doctor tells you very, very little. You go to the drug store, and they tell you very little. There's no one to tell the newly diagnosed people what they need to know. Dining with Diabetes is definitely needed—it fills that void." — Bob

"I highly recommend anyone with diabetes to take this program." —Teresa

"This course is an eye-opener. . . . It can add months or years to your life." — Jim