



CFAES

OHIO STATE UNIVERSITY EXTENSION

DINING WITH DIABETES



THURSDAYS, AUG 19, AUG 26, SEPT 2, SEPT 9 5:30–7:30 P.M.

Dining with Diabetes is a cooking school and nutrition education program. During the four-class series, participants learn about healthy cooking techniques, sample delicious foods and gain skills to better manage diabetes. These classes are for anyone interested in better controlling blood sugar. Participants are encouraged to bring a family member, friend, caregiver, or other support person.

Location: First and fourth classes at Coshocton Regional Medical Center, 1460 Orange Street, Coshocton; second and third classes at Kno-Ho-Co-Ashland Community Action, 120 N 4th Street, Coshocton

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 \$10.

Contact information: Emily Marrison at 740-622-2265 or marrison.12@osu.edu. Registration deadline August 11. Register at coshocton.osu.edu



 **Coshocton Regional
Medical Center**

 **THE OHIO STATE UNIVERSITY**
COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

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