

Take Charge of Your Diabetes During the Holidays

The holidays present special challenges for individuals with diabetes. *Take Charge of Your Diabetes during the Holidays* will provide you with tips for managing your diabetes during the holidays. You will learn how to prepare favorite holiday foods that are both nutritious and delicious. Cooking demonstrations and dinner will be provided.

Monday, November 12, 2018

6:00 —7:30 PM

Frontier Power Community Room

770 South 2nd Street

Coshocton, OH 43812



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.

The \$5 Registration Fee includes dinner and diabetic management tips presented by Kate Shumaker, Registered Dietician.

REGISTRATION FORM

Registration Deadline: November 7, 2018; Cost: \$5 per person

Name(s): _____

Address (Street, city, zip): _____

Phone: _____ E-mail: _____

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

Mail or drop off to: **OSU Extension, 724 S. 7th Street, Room 110, Coshocton, OH 43812**

coshocton.osu.edu

COSHOCTON COUNTY



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

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