

Diabetes, Food, and You!

Diabetes is a condition in which the blood sugar level is too high. It is a disease that affects how your body turns food into energy. In the U.S., 37.3 million people have been diagnosed with diabetes and 96 million have been diagnosed with prediabetes, costing the country \$327 billion per year.

Dining with Diabetes is taught by caring and trained educators who focus on diabetes management and you. You will learn how to reduce sugar, salt, and fat in foods without giving up good taste.

Plus, you will enjoy:

- Live cooking demonstrations and tasting new foods
- Learning how to plan meals and snacks
- Connecting with other people with diabetes
- Receiving ideas for being more active
- Understanding how diabetes affects your overall health

To learn more about Dining with Diabetes, contact:

Shari Gallup, M.S., CHWC
Assistant Professor
The Ohio State University Extension
(740) 670-5315



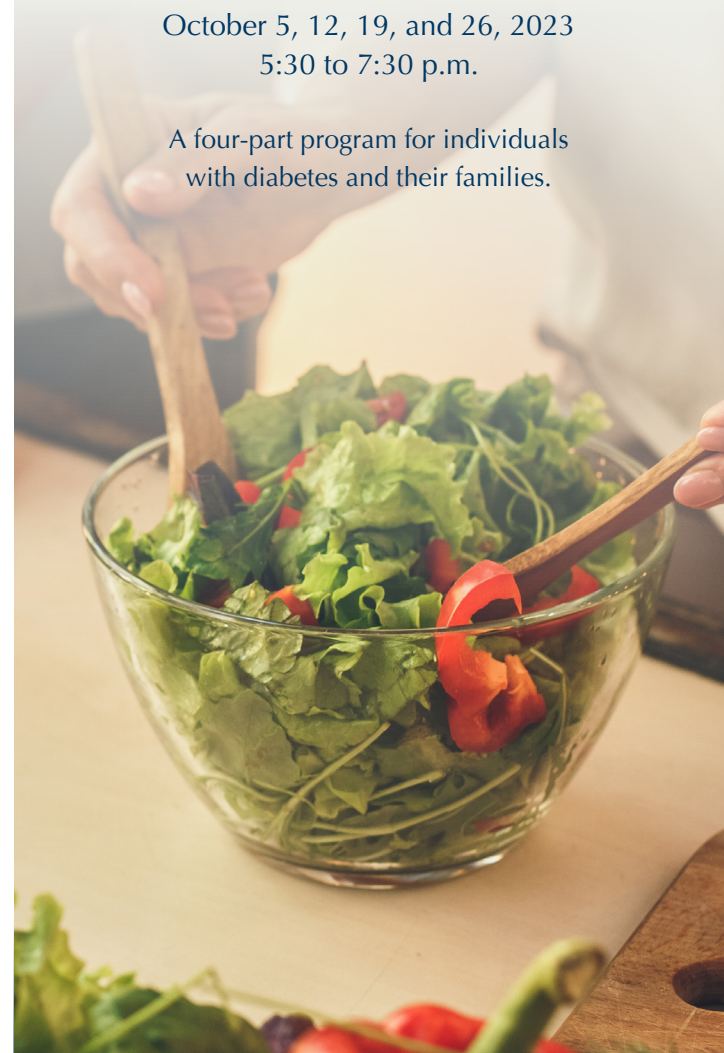
Licking Memorial
Hospital

LMHealth.org

Dining with Diabetes

October 5, 12, 19, and 26, 2023
5:30 to 7:30 p.m.

A four-part program for individuals
with diabetes and their families.



Dining with Diabetes

What is Dining with Diabetes?

It is an educational program designed for individuals with diabetes and their family members. Dining with Diabetes is a four-class series that includes healthy food preparation, demonstrations, and educational presentations. The program also includes recipes and a three-course meal at each session.

Who can participate?

Individuals with diabetes and their family members, caregivers, and support persons can enroll.

How can I enroll?

Call The Ohio State University Extension at (740) 670-5315. The deadline to register is Thursday, September 28, 2023. Space is limited, so enroll now!

When are the classes?

Thursdays, October 5, 12, 19, and 26
5:30 to 7:30 p.m.

Where are classes held?

Licking Memorial Hospital
1320 West Main Street, Newark
First Floor Conference Rooms

Who are the instructors?

- Annmarie Thacker, M.S., R.D., L.D., CDCES,
Certified Diabetes Educator
Licking Memorial Hospital
- Shari Gallup, M.S., CHWC
Assistant Professor
The Ohio State University Extension

Sponsored by:



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES



**Licking Memorial
Health Systems**

Registration Form

Name: _____

Address: _____

Telephone: _____

Email: _____

Number of Participants:

_____ Senior Citizens (60 years and above)
Cost: \$10 per person (includes all 4 classes)

_____ Adults (59 years and under)
Cost: \$20 per person (includes all 4 classes)

Method of Payment:

- ☐ Check or money order
☐ Cash

Make check or money order payable to:
OSU Extension

Mail to:
OSU Extension – Licking County
Dining with Diabetes
771 East Main Street, Suite 103
Newark, Ohio 43055

Deadline to register is Thursday,
September 28, 2023. Class size is limited.
Register soon!

