

WHAT IS DINING WITH DIABETES?

Dining with Diabetes is a cooking school and 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!

At Dining with Diabetes, you will:

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



Licking Memorial
Health Systems

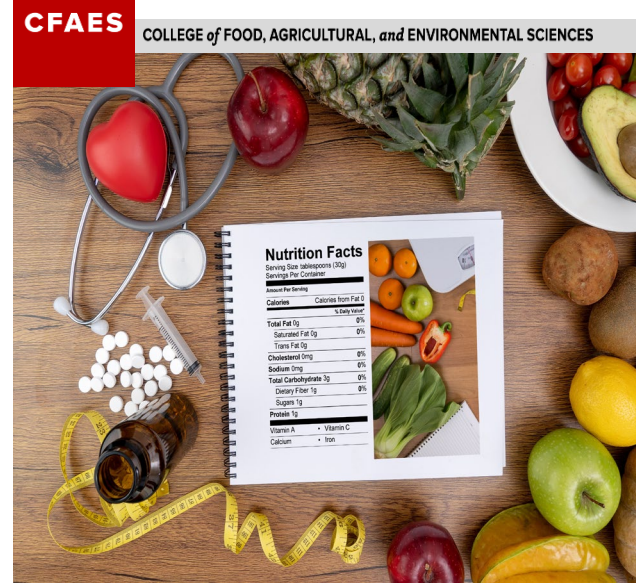
In cooperation with:

Senior Levy Fund
Licking County, Ohio

We Sustain Life

Family and Consumer Sciences
Ohio State University Extension
Licking County
771 E. Main Street, Suite 103
Newark, OH 43055
Phone: 740-670-5315
licking.osu.edu

CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information, visit cfaesdiversity.osu.edu. For an accessible format of this publication, visit cfaes.osu.edu/accessibility.



DINING WITH DIABETES

Cooking Class

October 3
October 10
October 17
October 24

5:30 – 7:30 p.m.



THE OHIO STATE UNIVERSITY
EXTENSION



REGISTRATION October 2024

First Name

Last Name

Address

City

State

ZIP

County

Phone

Email Address

Registration and payment must be received by
September 30, 2024.

Make check or money order payable to:
OSU Extension Licking County.

Mail this form and payment to:

Ohio State University Extension
Licking County
Attn: Shari Gallup
771 E. Main Street, Suite 103
Newark, OH 43055

WHEN ARE THE CLASSES?

Thursday, October 3rd ● 5:30 – 7:30 p.m.
Thursday, October 10th ● 5:30 – 7:30 p.m.
Thursday, October 17th ● 5:30 – 7:30 p.m.
Thursday, October 24th ● 5:30 – 7:30 p.m.

WHERE ARE THE CLASSES?

Licking Memorial Hospital
Ground Floor Auditorium
1320 West Main Street
Newark, OH 43055



WHO ARE THE INSTRUCTORS?

Annmarie Thacker, R.D., L.D., C.D.E.
Licking Memorial Hospital

Shari Gallup, M.S., C.H.W.C.
Ohio State University Assistant Professor

HOW MUCH ARE THE CLASSES?

\$10 – Seniors (60 and older)

(Cost includes all 4 classes.)



HOW CAN I REGISTER?

You can reserve your space by completing this registration form. Mail registration form and payment to:

Ohio State University Extension – Licking County
Attn: Shari Gallup
771 E. Main Street, Suite 103
Newark, OH 43055

Make check or money order payable to:
OSU Extension Licking County

*Payment must be received 1 week prior to the start of the program. Registration is not complete until payment is received.

Due By: September 30, 2024