

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.



In cooperation with:



— *We Sustain Life* —

Family and Consumer Sciences

Ohio State University Extension

Licking County

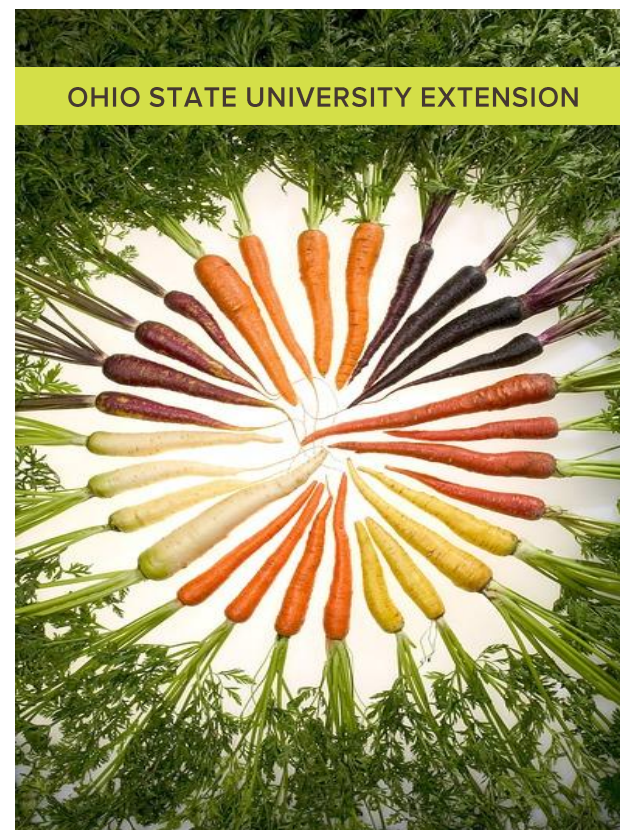
771 E. Main Street, Suite 103

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

Spring 2020



THE OHIO STATE UNIVERSITY



APRIL 2020 REGISTRATION

First Name

Last Name

Address

City

State

ZIP

County

Phone

Email Address

Registration and payment must be received by
March 31, 2020.

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?

Tuesday, April 8th ● 5:30 – 7:30 p.m.
Tuesday, April 15th ● 5:30 – 7:30 p.m.
Tuesday, April 22nd ● 5:30 – 7:30 p.m.
Tuesday, April 29th ● 5:30 – 7:30 p.m.

WHERE ARE THE CLASSES?

Licking Memorial Hospital
First Floor Conference Room
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 Extension Educator

HOW MUCH ARE THEY?

\$10 – Seniors (60 and older)
\$20 – All Others

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