Dining with Diabetes is a cooking school and nutrition education program designed for people with diabetes and their family members or caregivers.

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

Classes are held at:
Licking Memorial Hospital
Ground Floor Auditorium
1320 West Main Street
Newark, OH 43055

Cost:
$10 – Seniors (60 and older)
$15 – All Others
(includes ALL 4 classes)

To register, call:
740-670-5315
no later than
March 3, 2022

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licking.osu.edu

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