



Dining with Diabetes

January 22, 29 & February 5, 12 from 5:30 - 7:00 p.m.

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 *free* 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.

Classes are held at:

Partners in Hope

180 E Race St

Troy OH 45373

Offered by the

OSU Extension office

**With a generous donation from
the Miami County Foundation**

*In partnership with The Health
Partners Free Clinic*

**Register by calling
937-440-3945**

no later than

January 20, 2020

Alisha Barton

Barton.345@osu.edu



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES