

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 to provide continued support and encouragement.

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,



ATTEND DINING WITH DIABETES AND TAKE CHARGE TODAY

Sign up for ***Dining with Diabetes*** and you will learn how to incorporate good, healthy cooking techniques and other practices to help you control your blood sugar.



Participants will:

- Watch live cooking demonstrations.
- Sample delicious food and receive diabetes-friendly recipes.
- Gain new insights on healthy eating.
- Learn new skills to manage your diabetes.

Blanchard Valley Health System and OSU Extension Hancock are the collaborating partners who coordinate this program locally.

Class Instructors:

- **Jennifer Little**, Extension Educator, Family and Consumer Sciences, OSU Extension Hancock County
- **Julie Russell**, Registered Dietitian, Blanchard Valley Health Center
- **Natasha Wappelhorst**, Exercise Physiologist, Blanchard Valley Health Center
- **Dietetic Interns from Bluffton University** may also be assisting

CFAES provides research and related educational programs to clients on a nondiscriminatory basis. For more information visit:
<http://go.osu.edu/cfaesdiversity>

OHIO STATE UNIVERSITY EXTENSION

Dining With Diabetes

Mondays in April 3, 10, 17, and 24, 2023
11am-1pm



 **Blanchard Valley**
HEALTH SYSTEM



THE OHIO STATE UNIVERSITY

FAMILY AND CONSUMER SCIENCES

THE COLLEGE OF EDUCATION AND HUMAN ECOLOGY

THE COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

RESERVATION FORM

Dining with Diabetes

April 2023

Name(s): _____

Address (Street, city, zip): _____

County: _____

Phone: _____

Email: _____

Food allergies: _____

Make check or money order payable to:
OSU Extension OR contact
little.18@osu.edu for DWD scholarship
consideration.

Mail form and \$40 or \$60 payment to:
Attn: Jennifer Little, FCS Educator
OSU Extension Hancock County
7868 CR 140 Suite B
Findlay OH 45840
(Must arrive by March 24, 2023)

When are the classes?

Mondays, April 3, 10, 17, 24

11 am – 1 pm

Reunion class will be offered in Spring 2023

Where will the classes be held?

Agriculture Services Center

7868 CR 140, Findlay, OH

What is the cost?

\$40 per participant,

\$60 per 2-person family

**Limited scholarships available for those
who qualify.**

HOW CAN I ENROLL?

Complete the reservation form on this
brochure and bring or mail the class fee
to the OSU Extension Office.

You may also call or email to enroll and
remit payment by mail.

**Payment/registration required by Friday,
March 24th, 2023** (minimum of 8 needed for
class to be held – maximum class size of 16)



NATIONAL EXTENSION WORKING GROUP

How can I get more information?

To learn more about ***Dining with Diabetes***
classes or registration, including scholarships to
attend, contact Jennifer Little at:

OSU Extension Hancock County

7868 CR 140 Suite B

Findlay OH 45840

Phone: 567-242-7334

Or you can email: little.18@osu.edu

What past participants have said:

“The doctor tells you very, very little.
You go to the drug store, and they tell
you very little. There’s no one to tell
the newly diagnosed people what
they need to know. Dining with
Diabetes is definitely needed—it fills
that void.”

—Bob

“I highly recommend anyone with
diabetes to take this program.”

—Teresa

“This course is an eye-opener. . . .
It can add months or years to your
life.”

—Jim

Register Today!