

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

Sign up for ***Dining with Diabetes*** and you'll 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 prepared for you.
- 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:

- **Emilee Drerup**, 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

Tuesdays from 10am - noon

October 8, 15, 22, 29



 **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 October 2019

Name(s): _____

Address (Street, city, zip): _____

County: _____

Phone: _____

Email: _____

Make check or money order payable to:
OSU Extension

Mail form and \$40 payment to:
Attn: Emilee Drerup
OSU Extension Hancock County
7868 CR 140 Suite B
Findlay OH 45840

When are the classes?

October 8, 15, 22, 29 from 10am - noon
Reunion class will be held in April 2020

Where will the classes be held?

Blanchard Valley Hospital
1900 South Main Street, Findlay
Cardiac Rehab Department
2nd Floor, Ruse Center

What is the cost?

\$40 per participant

Scholarships available if needed through funding provided by Blanchard Valley Health Foundation. Please call 419-429-7656 for more information.

HOW CAN I ENROLL?

Complete the reservation form on this brochure or contact us.

Payment to hold a spot is required by Monday, September 30th (minimum of 6 needed for class to be held – maximum class size of 15)



NATIONAL EXTENSION WORKING GROUP

How can I get more information?

To learn more about *Dining with Diabetes* and/or to register, contact Emilee Drerup at:

OSU Extension Hancock County

7868 CR 140 Suite B

Findlay OH 45840

Phone: 567-242-7302

Or you can email: Drerup.23@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!