

CFAES



Dining with Diabetes

April 7, 14, 21, 28 from 5-7 pm

Dining with Diabetes is a cooking school and nutrition education program designed for people 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.

**Register by calling: 567-242-7302
Deadline to Register: April 1, 2020**

Classes are held at:
Blanchard Valley Hospital
2nd Floor Ruse Center
1900 Main St, Findlay

Taught By: Julie Russell,
Registered Dietitian, BVHC
& **Emilee Drerup, FCS**
Educator, OSUE

Cost: \$40 (*Scholarships available if needed*)



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

