



PIKE COUNTY EXTENSION PRESENTS

# 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, plus a follow-up reunion class held at a later date.

## At Dining with Diabetes, you will:

- Watch live cooking demonstrations.
- Sample delicious food prepared for you.
- Gain new insights on healthy eating.
- Learn new skills to manage your diabetes.

*We're here to help...so TAKE CHARGE of your diabetes today!*



**THE OHIO STATE UNIVERSITY**

EXTENSION

**CFAES**

## CLASS DATES & TIMES

All classes are held on  
Tuesdays in November

November 5, 12, 19 and 26  
6 pm - 8 pm

## LOCATION

Pike Outreach Food Pantry  
306 Bridge Street  
Waverly, OH 45690

## FOR MORE INFORMATION

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

OSU Extension Pike County  
Tammy Jones, FCS Educator  
313 Mill Street  
Piketon, OH 45661

Phone: 740-289-4837

Email: [jones.5640@osu.edu](mailto:jones.5640@osu.edu)



This class is **FREE** but you  
must pre-register!  
Space is limited.



Registration deadline  
is **OCTOBER 31st!**