

CFAES

Take Charge of Your **DIABETES**

January
3rd

11 a.m.

Pike County YMCA
400 Pride Drive
Waverly, OH 45690

Learn to take day-to-day responsibility for your diabetes health care and work effectively with your health care professionals. Session will include a cooking demonstration and recipes.

“Take Charge of Your Diabetes” is **FREE** and open to anyone living with diabetes. Family members, friends and caregivers of an individual with diabetes are welcome to attend.



To register, contact:

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THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
EXTENSION ENVIRONMENTAL SCIENCES

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College of Food, Agricultural, and Environmental Sciences

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