

# Dining with Diabetes

## Fall Workshop



Recipes • Food Tasting & Demos • Shopping Cart Tour

Changing your diet and cooking habits is a real challenge. Dining with Diabetes is an interactive cooking school that will give you motivation and resources to meet the challenge.

**Dining with Diabetes** is a nutrition education program designed for people with diabetes and their family members or caregivers.

### Session #1 – Living Well with Diabetes

### Session #2 – Carbohydrates & Sweeteners

### Session #3 – Fats & Sodium

Held at Jungle Jim's International Market Eastgate

### Session #4 – Putting It All Together

#### For more information contact:

Margaret Jenkins, M.Ed.  
513-732-7070, ext. 103  
Jenkins.188@osu.edu

#### Fall Workshop

- September 6, 13, 20 and 27
- 6:00pm-8:00pm
- \$40 per participant for all four sessions
- 4-H Hall Kitchen (Clermont Co Fairgrounds)  
1000 Locust St, Owensville, OH 45160  
(unless otherwise noted)

Presented by;

**OSU Extension Clermont County**

in partnership with

**The Pill Box Pharmacy**

Robert L. Westbrook, Jr. R.Ph., CDE®  
Pharmacist & Certified Diabetes Educator  
and

**Jungle Jim's International Market**

**REGISTRATION INFORMATION** Payable by cash, check or money order. Make check payable to "OSU Extension Clermont." Please mail to P.O. Box 670, Owensville, OH 45160. Sorry, no refunds. One registration form per person.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email address: \_\_\_\_\_ Best phone #: \_\_\_\_\_

How did you hear about the event? \_\_\_\_\_

Check here if using insurance coverage: \_\_\_\_\_ I plan to attend the DWD reunion Nov. 8, 2017: \_\_\_\_\_ Yes \_\_\_\_\_ No

Amount enclosed: \_\_\_\_\_



**THE OHIO STATE UNIVERSITY**

COLLEGE OF FOOD, AGRICULTURAL,  
AND ENVIRONMENTAL SCIENCES

**Clermont County Extension | [clermont.osu.edu](http://clermont.osu.edu)**

CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information: [go.osu.edu/cfaesdiversity](http://go.osu.edu/cfaesdiversity).