

Dining with Diabetes Spring 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:

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Spring Workshop

- March 7, 14, 21 and 28
- 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

JungleJims.com

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. 2018: _____ Yes _____ No

Amount enclosed: _____