WHAT IS 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 or certified diabetes educator, plus a follow-up reunion class held at a later date.

WHO SHOULD ATTEND?

Anyone with concerns about diabetes or anyone interested in controlling blood sugar is encouraged to participate and to bring a family member, friend, caregiver, or other support person.

ATTEND DINING WITH DIABETES AND TAKE CHARGE TODAY

Sign up for Dining with Diabetes and you'll learn how to incorporate good, healthy cooking techniques and other practices to help you control your blood sugar.

At Dining with Diabetes, you will:

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

Clermont County Extension
1000 Locust Street, PO Box 670
Owensville, Ohio 45160
Phone: 513-732-7070
Fax: 513-732-7060

Visit us online at clermont.osu.edu

CFAES provides research and related educational programs to clients on a nondiscriminatory basis. For more information: go.osu.edu/cfaesdiversity.
RESERVATION FORM

Name(s): _____________________
_____________________________

Address (Street, city, zip):
_____________________________
_____________________________

Phone: _______________________

E-mail: _______________________

Workshop session you wish to
attend: _______________________

I plan on attending the DWD reunion
on November, 2018.

___Yes   ___No

How did you hear about the class?

_________________________________________  

Payable by cash or check/ money order
payable to: OSU Extension Clermont

___Check here if using insurance coverage

Mail form and payment to: PO Box 670,
Owensville, OH 45160

WHEN ARE THE CLASSES?

SPRING WORKSHOP…………… $40
May 9, 16, 23 & 30 - 6pm to 8pm

FALL WORKSHOP……………  $40
Aug 29, Sept 5, 12, & 19 - 6pm to 8pm

2019 REUNION/HOLIDAY CLASS… $10
TBD - 6pm to 8pm

WHERE WILL THE CLASSES BE HELD?

4-H Hall Kitchen (Clermont County Fairgrounds)
1000 Locust Street, Owensville, Ohio 45160
&
Jungle Jims International Market
Eastgate location

HOW CAN I GET MORE INFORMATION?

To learn more about Dining with Diabetes
and/or to register, contact OSU Extension
Clermont’s Family and Consumer Sciences
Educator:

Margaret Jenkins, M.Ed.
Jenkins.188@osu.edu
Phone: 513-732-7070

Download additional registration forms at:
clermont.osu.edu

WHAT PAST PARTICIPANTS HAVE SAID

- “The doctor tells you very, very little. You
go to the drug store, and they tell you very
little. There’s no one to tell the newly
diagnosed people what they need to
know. Dining with Diabetes is definitely
needed—it fills that void.” —Bob

- “I highly recommend anyone with diabetes
to take this program.” —Teresa

- “This course is an eye-opener. . . . It can
add months or years to your life.” —Jim

HOW CAN I ENROLL?

Complete the reservation form on this
brochure. Payment to hold a spot is required 1
week prior to the event’s start date.

Presented by
OSU Extension Clermont County
in partnership with

The Pill Box Pharmacy
1400 State Route 125
Amelia, Ohio 45102
513-753-4700

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

&
Jungle Jim’s International Market
junglejims.com

Third class held at Jungle Jim’s includes
a Dining with Diabetes “Shopping Cart
Tour”.

Diabetes self-management education is a
covered benefit on many health insurance plans.
Please confirm with your health insurance
carrier prior to enrollment.