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
• August 29, September 5, 12 and 19
• 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: ____________________________ State: ______________ Zip: ______________
City: ________________________________
Email address: ______________________________ Best phone #: ____________________________
How did you hear about the event? ____________________________
Amount enclosed ____________________________