

Dining with Diabetes

Fall 2019 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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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 _____



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COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

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