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 three 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: http://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 Nov. 16, 2016.
___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?
SUMMER WORKSHOP ............... $35
August 3, 10 & 17 - 11 a.m. to 1 p.m.
FALL WORKSHOP ................. $35
Oct. 5, 12 & 19 - 6 to 8 p.m.
2016 REUNION/HOLIDAY CLASS......$10
November 16 - 6 to 8 p.m.

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

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 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

Coordinated 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.
Pharmacist & Certified Diabetic Educator

Diabetes self-management education is a covered benefit on many health insurance plans. Please confirm with your health insurance carrier prior to enrollment.
&
Jungle Jim’s International Market
Third class held in Jungle Jim’s includes a Dining with Diabetes “Shopping Cart Tour”
http://www.junglejims.com