



Virtual Dining with Diabetes

Do you or someone you love have diabetes? With 30 million diabetics in America, you are not alone! We offer virtual classes where you will learn good, healthy cooking techniques and other practices to help control your blood sugar. This is a cooking school and nutrition education program designed for people with diabetes and their family members or caregivers.

Dates: February 1 - 10:00 A.M.- 12:00 P.M.
February 8 - 10:00 A.M.- 12:00 P.M.
February 15 - 10:00 A.M. -12:00 P.M.
February 22 - 10:00 A.M. -12:00 P.M.

Cost: *Free*

Registration: https://osu.az1.qualtrics.com/jfe/form/SV_e3fRVdHZiUeFqcd

Zoom link will be sent to your email address 24 hours before the class.

For Questions Contact:

Beth Stefura RD,LD, FCS Extension Educator, Mahoning County, stefura.2@osu.edu,
Marie Economos, FCS Extension Educator, Trumbull County, economos.2@osu.edu,
or Margaret Jenkins, jenkins.188@osu.edu, FCS Educator, Clermont County;
or call (330)638-6783



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

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