



Virtual Dining with Diabetes Cooking School

Do you or someone you love have diabetes? With 30 million diabetics in America, you are not alone! You will learn how to incorporate good, healthy cooking techniques and other practices to help control your blood sugar through our cooking school and nutrition education program designed for people with diabetes and their family members or caregivers.

Dates:	April 17, 2023	10:00 am –12:00 pm
	April 24, 2023	10:00 am –12:00 pm
	May 1, 2023	10:00 am –12:00 pm
	May 8, 2023	10:00 am –12:00 pm

Cost: **FREE**

Registration: go.osu.edu/dwdspring23

Questions: Please contact one of the following Family and Consumer Sciences educators:

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