



# Virtual Dining with Diabetes

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:** 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](https://osu.az1.qualtrics.com/jfe/form/SV_e3fRVdHZiUeFqcd)

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

**Questions:** Please contact Beth Stefura RD,LD, FCS Extension Educator, Mahoning County, [stefura.2@osu.edu](mailto:stefura.2@osu.edu), Marie Economos, FCS Extension Educator, Trumbull County, [economos.2@osu.edu](mailto:economos.2@osu.edu) or call (330)638-6783 or Margaret Jenkins, [jenkins.188@osu.edu](mailto:jenkins.188@osu.edu), FCS Educator, Clermont County.



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