

# Dining With Diabetes Reservation Form

Name(s):

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Address (Street, City, Zip):

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Phone:

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E-mail:

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County:

Payment is guarantee your registration is required by:

Thursday, September 14, 2017

Make check / money order payable to:  
OSU Extension-Trumbull County

Mail form and payment to:  
Ohio State University Extension  
Trumbull County  
520 West Main Street, Suite 1  
Cortland, Ohio 44410

## WHEN ARE THE CLASSES?

September 18, 2017 – 8:30 a.m. – 10:30a.m.  
September 25, 2017 – 8:30 a.m. – 10:30a.m.  
October 2, 2017 – 8:30 a.m. – 10:30a.m.  
October 9, 2017 -8:30 a.m. – 10:30a.m.

## WHERE ARE THE CLASSES BEING HELD?

St. Joe's at the Mall  
Eastwood Mall Complex,  
5555 Youngstown Warren Rd  
Suite #202  
Niles, OH 44446

## WHAT IS THE COST

**\$30.00**

**(Cost includes ALL 4 classes)**

## How can I enroll?

Complete the reservation form on this brochure and mail to the office address.

Payment to hold a spot for these classes is required by: Thursday, Sept.14, 2017



## How Can I Get More Information?

To learn more about Dining with Diabetes, contact us at:

OSU Extension - Trumbull County  
520 West Main Street, Suite 1  
Cortland, Ohio 44410  
330-638-6783  
economos.2@osu.edu  
Marie Economos, FCS Extension Educator

OSU Extension - Mahoning County  
490 South Broad Street  
Canfield, Ohio 44406  
330-533-5538  
stefura.2@osu.edu  
Beth Stefura, FCS Extension Educator

The registration form is also available online at <http://trumbull.osu.edu> or <http://mahoning.osu.edu>

(Click on Family and Consumer Science and Events)

What past participant 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 diagnose people what they need to know. Dining with Diabetes is definitely needed—it fills the 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

Register Today!



## 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 four 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?

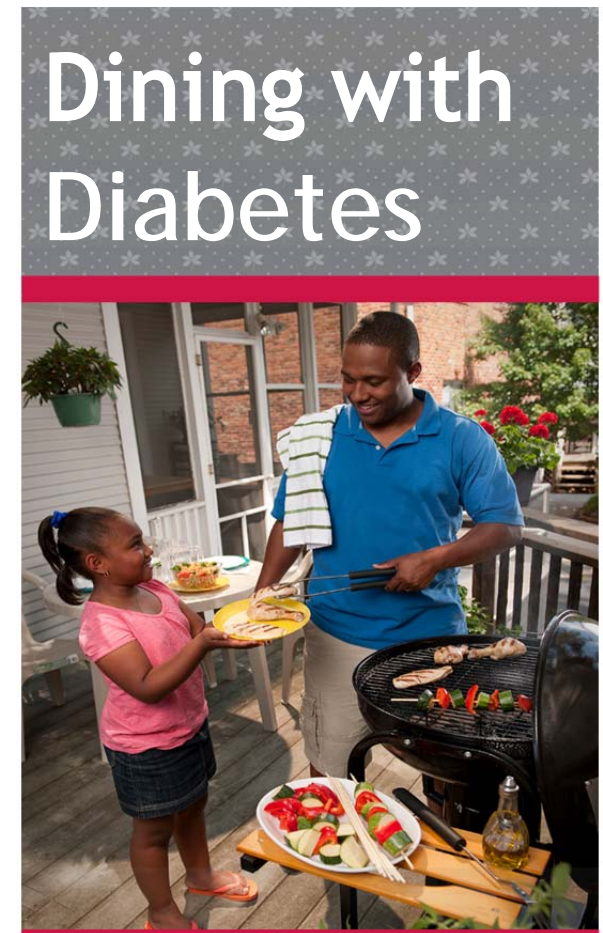
Anyone with concerns about diabetes or anyone interested in controlling blood sugar is encouraged to participate and to bring a family member, friend, caregiver or other support person.

## Attend Dining with Diabetes

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.
- Learn new skills to manage your diabetes.



**THE OHIO STATE UNIVERSITY**

COLLEGE OF FOOD, AGRICULTURAL, AND  
ENVIRONMENTAL SCIENCES  
COLLEGE OF EDUCATION AND HUMAN ECOLOGY  
FAMILY AND CONSUMER SCIENCE

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