



Take Charge of Your Diabetes this Holiday

Do you or someone you love have diabetes? With 30 million diabetics in America, you are not alone! Join, Marie Economos and Beth Stefura, Family and Consumer Sciences Educators from the Ohio State University Extension, to learn the basics of diabetes management as well as tips on making better choices and staying motivated. Four class choices are offered. Each class is the same. Please choose one class to attend virtually.

Dates: November 4 at 11:00 A.M.
November 18 at 5:00 P.M.
December 14 at 11:00 A.M.
December 16 at 5:00 P.M.

Location: Virtual– Zoom link will be sent before class

Cost: Free

Registration: <https://go.osu.edu/takechargeholidays>

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COLLEGE OF FOOD, AGRICULTURAL,
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