

CFAES



Dining with Diabetes Workshop

RECIPES * FOOD TASTING & DEMOS

Changing your diet and cooking habits is a real challenge. Dining with Diabetes is an interactive cooking school that will give you motivation and resources to meet the challenge.

Dining with Diabetes is a nutrition education program designed for people with diabetes and their family members and caregivers.

Session 1# - Living Well with Diabetes

Session 2# - Carbohydrates and Sweeteners

Session 3# - Fats and Sodium

Session 4# - Putting It All Together

Dates: March 8, 15, 22 and 29, 2023

Time: 5:30 PM – 7:30 PM

Cost: \$20.00 for one or \$25.00 for two participants for all four sessions. One notebook per registration.

Location: OSU Extension, Greene County, 100 Fairground Road, Xenia

Registration Link:

<https://go.osu.edu/grcodiningwithdiabetes>

Contact Information:

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COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

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