



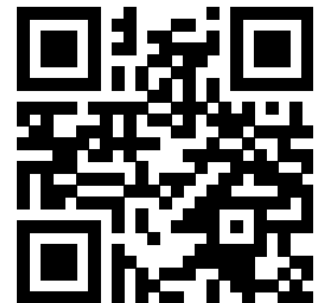
# Virtual Dining with Diabetes

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.

<b>Dates:</b>	<b>September 30, 2024</b>	<b>10:00 am – Noon</b>
	<b>October 7, 2024</b>	<b>10:00 am – Noon</b>
	<b>October 14, 2024</b>	<b>10:00 am – Noon</b>
	<b>October 21, 2024</b>	<b>10:00 am – Noon</b>

**Cost:** Free

**Registration:** <https://go.osu.edu/diningwdiabetes24>



**Questions:** 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.