Dining With Diabetes

WHAT IS DINING WITH DIABETES?
DWD is a cooking school and nutrition education program. During the four-class series, learn about healthy cooking techniques, sample delicious foods, and gain skills to better manage diabetes.

WHO SHOULD ATTEND?
Anyone interested in better controlling blood sugar is encouraged to participate and to bring a family member, friend, caregiver, or other support person.

LOCATION:
Broadway United Methodist Church
120 Church Ave SE, New Philadelphia

DATES & TIMES:
Mondays, November 8, 15, 22 & 29
10:00am – 12:00 noon

COST:
All four classes for $30 per person

Register online at: http://go.osu.edu/TuscarawasDWD
Pre-Registration is required in order to have materials prepared. You can register at the following link or by completing the form below. The last day to register is November 1st. Credit card payment or check accepted with online registration.

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REGISTRATION FORM for DINING WITH DIABETES

Name(s): ______________________________________________________________

Email: ___________________________________________ Phone: _________________________

Make check payable to OSU Extension
Mail to: OSU Extension, 419 16th St SW, New Philadelphia, OH  44663

TUSCARAWAS
tuscarawas.osu.edu

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