



## 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.

Dates:	October 30, 2025	11 a.m. – 1 p.m.
	November 6, 2025	11 a.m. – 1 p.m.
	November 13, 2025	11 a.m. – 1 p.m.
	November 20, 2025	11 a.m. – 1 p.m.

Cost: **FREE**

Registration: [go.osu.edu/virtualdwd](https://go.osu.edu/virtualdwd)

Questions: Please contact one of the following Family and Consumer Sciences educators:  
Margaret Jenkins, [jenkins.188@osu.edu](mailto:jenkins.188@osu.edu), Clermont County  
Marie Economos, [economos.2@osu.edu](mailto:economos.2@osu.edu), Trumbull County; or call 330-638-6783.