



Virtual Dining with Diabetes

Sign up today for a virtual Dining with Diabetes program. 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 prediabetes or diabetes, and their family members or caregivers.

Through this series of 4 interactive class sessions you will learn ways to manage your diabetes by making healthy lifestyle choices.

To Register:



go.osu.edu/virtualdwd26

DATE:

February 18, 2026 -Living with Diabetes
February 25, 2026 -Carbohydrates and Sweeteners
March 4, 2026 -Fats and Sodium
March 11, 2026 -Putting It All Together

TIME:

11:30 a.m. - 1:30 p.m.

CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information, visit cfaes.osu.edu/nondiscrimination. For an accessible format of this publication, visit cfaes.osu.edu/accessibility.



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