Dining with Diabetes Reservation Form

Registration: $15.00 per person; $25.00 per couple
Registration Deadline: October 31, 2012

PAYMENT MUST ACCOMPANY REGISTRATION TO RESERVE YOUR SPACE!

Name(s): _________________________________
________________________________________
Address (street, city, zip):_____________________
________________________________________
Phone:___________________________________
E-mail:___________________________________

Make check or money order payable to:
OSU Extension, Hamilton County

Mail form and payment to:

Jennifer Even
c/o Ohio State University Extension
110 Boggs Lane, Suite 315
Cincinnati, OH  45246

_____Number registered
_____Amount enclosed
_____Check or money order
_____Cash

Take Charge with Dining with Diabetes
Sign up for Dining with Diabetes and you’ll learn how to incorporate good, healthy cooking techniques and other practices to help you control your blood sugar. At Dining with Diabetes, you will:

▪ Watch live cooking demonstrations.
▪ Sample delicious food prepared for you.
▪ Gain new insights on healthy eating.
▪ Learn new skills to manage your diabetes.
▪ Receive door prizes!

Dining with Diabetes is coordinated by Ohio State University Extension and:

Gabriel’s Place
An initiative of the Diocese of Southern Ohio and many community partners

Presented by Ohio State University Extension
Hamilton County and Gabriel’s Place
Miami Valley EERA
What is Dining with Diabetes?
Dining with Diabetes is a cooking school and nutrition education program designed for people with diabetes and their family members or caregivers.

In a series of three classes, cooking demonstrations will help you learn healthy techniques to use in your own kitchen. The program includes sampling healthy foods and discussion with a dietitian or certified diabetes educator, plus a follow-up reunion class held at a later date.

Who will benefit?
Anyone with concerns about diabetes or anyone interested in controlling blood sugar is encouraged to participate and to bring a family member, friend, caregiver, or other support person.

Where will the classes be held?
Gabriel’s Place
3618 Reading Road
Cincinnati, OH  45229

When are the classes?
November 3, November 10, & November 17
11:00 a.m. to 1:00 p.m.

Who are the instructors?
Jenny Even, M Ed
Family & Consumer Science Educator
EFNEP & FNP

In partnership with:
Gabriel’s Place
3618 Reading Road
Cincinnati, OH  45229
Contact:  Leslie Stevenson

What is the cost?
$15.00 for 3 classes on Saturdays, 11am-1pm:

*Carbohydrates - November 3
*Fats, Sodium - November 10
*Vitamins, Minerals, Fiber - November 17

How can I enroll?
Complete the reservation form in this brochure or contact us (see information below).

Payment to hold a spot is required by:
DEADLINE TO REGISTER:  OCTOBER 31

How can I get more information?
To learn more about Dining with Diabetes and/or to pre-register, contact us at:

Jennifer Even
110 Boggs Lane, Suite 315
Cincinnati, OH  45246
(513) 946-8987

Or you can e-mail us:
even.2@osu.edu

From Dining with Diabetes Participants:

- “The doctor tells you very, very little. You go to the drug store, and they tell you very little. There’s no one to tell the newly diagnosed people what they need to know. Dining with Diabetes is definitely needed—it fills that void.”
  —Bob

- “I highly recommend anyone with diabetes to take this program.”
  —Teresa

- “This course is an eye-opener. . . . It can add months or years to your life.”
  —Jim