

Dining with Diabetes

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.

Who Should Attend?

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.



When are classes offered?

Monday mornings, May 1, 8, 15, and 22, 2023
10:00 am – 12:00 noon. Lunch included.

Where will the classes be held?

Troyer House in the Walnut Hills Retirement Community, 4748 Olde Pump St, Walnut Creek, OH 44687

What is the cost?

\$30 per student

*Each student is allowed to bring one support person free of charge

How can I enroll?

Call the Holmes County office of Ohio State University Extension at 330-674-3015 or go to <https://go.osu.edu/dwdholmes2023>



Registration Deadline:

April 24, 2023

Space is limited!

Payment to hold a spot is required.

This program is brought to you in partnership with Pomerene Hospital.



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