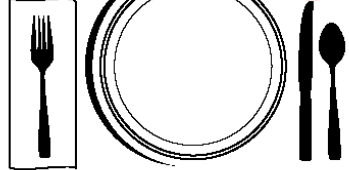


# Dining



*with Diabetes*

## A Free Cooking Program for People With Diabetes and Their Families Tuesdays: January 19, 26<sup>th</sup> February 2, 9<sup>th</sup>

6:00-8:00 PM

Meijer

10055 Olde US 20, Rossford OH 43460

*\*You must attend ALL four classes\**

This four-session program is FREE and open to anyone with diabetes. Classes will include healthy cooking demonstrations that use less fat, salt and sugar without cutting taste.

There will be a chance to taste a variety of main dishes, side dishes and desserts.

*Door prizes and food at each class!*

**REGISTRATION REQUIRED**

Call 419-213-4254 to register.

Registration deadline:

January 12, 2010

Space is limited- call early to reserve your spot!

All educational programs and activities conducted by The Ohio State University Extension are available to all potential clientele on a non-discriminatory basis without regard to race, color, creed, religion, sexual orientation, national origin, sex, age, handicap or Vietnam-era veteran status. Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Keith L. Smith, Director, Ohio State University Extension. TDD # 1-800-589-8292 (Ohio only) or 614-292-1868.

meijer  
healthy living

[www.meijerhealthyliving.com](http://www.meijerhealthyliving.com)

