

# Dining with Diabetes for the Holidays

Are you or anyone in your family living with diabetes?  
Are you interested in learning new healthy recipes for the holidays?  
If so, then you and your family are invited to participate in a three session program.

## *When:*

**Monday, November 2nd**

**Wednesday, November 4th**

**Friday, November 6th**

## *Location:*

**Willow Brook at Delaware Run  
Summit Room**

**100 Delaware Crossing W.  
(off West William Street)  
Delaware, OH 43015**

## *Time:*

**5:30-7:30 pm**

## *Cost:*

**\$30.00**

## **Join the Fun & Learn...**

Each class will include a three-course meal,  
food demonstrations, samples and recipes.

Call the OSU Extension Office at (740) 833-2030 by **Thursday, October 29th** to reserve your spot in the Dining with Diabetes classes.

The Delaware General Health District operates in accordance with Title VI of the Civil rights Act of 1964.

