

Delaware General Health District
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NEWS RELEASE

DINING WITH DIABETES

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FOR IMMEDIATE RELEASE

For further information contact Jesse Carter, public information officer, at 740-203-2085.

DELAWARE, Oh., (October 19, 2010) –

The Delaware General Health District is proud to present Dining with Diabetes, a three session diabetes education program focused on holiday dining. The program is designed to help people manage their diabetes by providing healthy recipes, cooking demonstrations, and taste tests. Participants will learn about healthy food choices and the preparation of well balanced meals using less fat, salt, and sugar. Each class will include a three course meal, recipes, and taste tests from the cooking demonstration.

The Dining with Diabetes sessions are scheduled for November 1, 3, and 5 at Willow Brook Christian Village, 100 Willow Brook Way S. The fee is \$30 per person which covers food and cooking supplies. Registration is due by October 27. To register or get more information, call the OSU Extension Program at 740-833-2030 by Wednesday, October 27.

Dining with Diabetes is being presented by the Delaware General Health District, Willow Brook Christian Village, The Delaware County OSU Extension Program, and The Rite Bite.