

# **Delaware General Health District**

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## **NEWS RELEASE**

### **HOLIDAY DINING WITH DIABETES EVENT TO FOCUS ON HEALTHY HOLIDAY COOKING**

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#### **FOR IMMEDIATE RELEASE**

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

**DELAWARE, Oh., October 23, 2009** – “Dining with Diabetes,” a three-class cooking program for families coping with diabetes and anyone else who wants to cook healthier meals, will be offered here in November. This session of the program features a holiday cooking theme.

The program includes diabetic food preparations, cooking demonstrations and taste tests, all expertly prepared by chefs John Lindeboom and Marc Dullin of Willow Brook Christian Village. Participants will learn healthier versions of popular holiday food choices and dishes, along with basic diabetes self-management skills taught by Sarah Earhart, MS, RD, LD, CDE, a dietitian and certified diabetes educator with expertise in exercise from the Rite Bite Wellness Center. Each class will include a healthy holiday meal and dessert with recipes.

Holiday Dining with Diabetes classes are scheduled from 5:30 to 7:30 p.m. on November 2, 4 and 6 in the Summit Room at the new Willow Brook at Delaware Run, 100 Delaware Crossing W., Delaware. The fee for all three evenings is \$30 per person (to cover food and cooking supplies), and registration is extended to October 29. To register, call OSU Extension at (740) 833-2030.

The Dining with Diabetes series is presented by The Delaware County Cardiovascular Health Coalition, the Delaware General Health District, Delaware County OSU Extension, Willow Brook Christian Village, The Rite Bite Wellness Center and Healthy Ohio.