



# DINING WITH DIABETES

## FOUR WEEK SERIES

Thursday, October 27, 2022 12:30-2:30pm

Thursday, November 3, 2022 12:30-2:30pm

Thursday, November 10, 2022 12:30-2:30pm

Thursday, November 17, 2022 12:30-2:30pm

The Marion Family YMCA, OhioHealth and OSU Extension present a 4-week series that includes cooking demonstrations, topics on menu planning, carb counting, label reading, portion control, recipes and more! Food samples will be served from our live cooking demonstrations. Door prizes and give aways included.

**Location:** Marion Family YMCA  
645 Barks Road East

**Cost:** No Cost. Donations Accepted

**Registration:** Stop in the Y at 645 Barks Road East, or call 740-725-9622

**REGISTER AT NO COST BY CALLING THE MARION FAMILY YMCA AT 740-725-9622.**

**Sponsored by:**



**THE OHIO STATE UNIVERSITY**

COLLEGE OF FOOD, AGRICULTURAL,  
AND ENVIRONMENTAL SCIENCES

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