

Take Charge of Your Diabetes During the Holidays

Do you or someone you love have diabetes? Preparing nutritious foods that taste good can be difficult at any time of the year, but the holidays present special challenges for those with diabetes.

Take Charge of Your Diabetes During the Holidays will provide you with tips for managing your diabetes during the holidays. You will learn how to prepare holiday favorites that are both nutritious and delicious. See live cooking demonstrations, sample healthy versions of holiday favorites, and take home recipes to try at your holiday celebrations.

Date: Tuesday, November 10th

Time: 5:30pm - 7:30pm

Location:

OSU Extension Office

1802 Princeton Rd.

Hamilton, OH 45011

Cost: \$10/person



For more information: *butler.osu.edu* or 513-785-6653

\$10 PRE-REGISTRATION IS REQUIRED.

Name(s): _____

Phone Number: _____ Number attending: _____

Amount enclosed: _____

MAKE CHECKS PAYABLE TO: OSU EXTENSION

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Family and Consumer Sciences