

Dining with Diabetes: Take Charge of Your Diabetes

A healthier lifestyle begins with YOU!

- Health & wellness tips for people with or without diabetes
- Diabetic friendly recipes (taste testing one of the recipes)
- Learn ways to add more movement to your day

DATE: Thursday, June 23, 2022

TIME: 1:00-2:00 PM

LOCATION: Ag Credit Building, 2nd Floor
Conference Room

COST: Free program

QUESTIONS: Contact Candace Heer, FCS
Educator at 419-947-1070

Register at this link: <https://go.osu.edu/dwd-takecharge-morrow> or call 419-947-1070

