



# DINING WITH DIABETES

## FOUR WEEK SERIES

### **PLEASE PLAN TO ATTEND ALL 4 CLASSES**

**Wednesday, April 15th, 12:30-2:30pm**

**Wednesday, April 22nd, 12:30-2:30pm**

**Wednesday, April 29th, 12:30-2:30pm**

**Wednesday, May 6th, 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.

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

Reunion from the previous class will be April 15th from 9:00-10:00am and the topic is Medications.

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

**Cost:** No Cost. Donations Accepted

*Do not have to be a Y Member*

Open to all adults 18 & up. You do not have to be a YMCA Member.

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

If you have taken the class once, you can not register again. You can be asked to be put on the wait list and if there is room, you will be added.

***Serving Marion and Morrow Counties***



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