

Cooking Well with Diabetes

Date:
October 20th, 27th
&
November 3rd, 10th

Time:
10 am to Noon
Or
6 pm to 8pm

What:

Texas A&M AgriLife Extension Service in Jasper County is providing a hands-on Cooking Well with Diabetes class series. Every class includes lessons and take-home recipes.

Who:

The classes are for people with Diabetes, their family members and caregivers. Those interested in diabetes prevention are also welcome to attend.

Cost:

\$10 need to pre-register by October 13th

Topics:

Carbohydrate Foods, Making Recipes with Fat Better for You, Reducing Sodium and Increasing Fiber, and Celebrating Sensibly with Diabetes

Where:

NEW Courthouse Annex
271 East Lamar Street,
Jasper, Texas 75951

To register , call the
Texas AgriLife A&M Extension
Service at 384-3721 or email at
c-vandevender@tamu.edu

