

CHRONIC DISEASE MANAGEMENT
COOKING CLASS

Cooking Well With Diabetes

COOKING WELL WITH DIABETES IS A 4-WEEK COOKING CLASS DESIGNED TO HELP PEOPLE WITH DIABETES AND ANYONE THAT PREPARES FOOD FOR THEM. THIS FOUR-LESSON COURSE INCLUDES BASIC NUTRITION EDUCATION TO HELP PLAN MEALS AND PREPARE FOOD.

Sept. 5 - Sept. 26

Thursday Evenings
5:30pm - 7:30pm

Location:

AgriLife Extension Office
4224 Cobbs Dr
Waco Tx, 76710

LESSONS INCLUDE:

- RECOGNIZING CARBOHYDRATE FOODS
- PLANNING BALANCED MEALS
- INCREASING HEALTHY FATS
- IMPROVING SODIUM & FIBER CONTENT

\$25 / PERSON

REGISTER ONLINE:

[MCC Continuing Ed. Courses](#)



FOR MORE INFORMATION:



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