Three session class on preparing meals for people with diabetes.

The sessions include demonstrations and sampling of recipes, information on healthy eating for people with diabetes and a cookbook for diabetic meal planning.

Tuesdays, April 16, 23 and 30, 2024 at 10:00 a.m.
at the Bedford County Extension Office
(2105 Midland Road, Shelbyville)
$15.00
Mail or drop off payment to Extension Office or pay on first day of class.

Must call the Extension Office at 684-5971 to register.