

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, June 16, 23 and 30, 2026
at 10:00 a.m.**

**at the Bedford County Extension Office
(2105 Midland Road, Shelbyville)**

\$20.00

**Mail or drop off payment to Extension Office
or pay on first day of class, must pre-register.**



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

Real. Life. Solutions.

UT EXTENSION
INSTITUTE OF AGRICULTURE
THE UNIVERSITY OF TENNESSEE

TENNESSEE
STATE UNIVERSITY
Cooperative Extension

Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development
University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating.
UT Extension provides equal opportunities in programs and employment.