

**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.**

Real. Life. Solutions.



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.



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