

Balanced Bites

Cooking for Diabetes Fall Edition

Memorial Hospital's
Health & Wellness Teaching Kitchen

This healthy cooking class is focused on diabetes wellness and is open to any individual aged 18 and older.

The class will be led by:

- Kayce Fuhrman, Registered Nurse
- Ashlyn Housewright, Registered Dietitian and Certified Diabetes Care and Education Specialist

For the cost of \$25, the class will include:

- Delicious lunch
- Diabetes wellness education
- Recipes for fall
- Meal preparation strategies
- Giveaways

Space is limited, register today to reserve your spot for this amazing and delicious opportunity!



More Information
MHTLC.ORG
217-357-6540



October 30
10:30 AM
COST: \$25

Health & Wellness
Teaching Kitchen
1454 N. Co. Rd. 2050
Carthage, IL 62321