



COOKING WELL WITH DIABETES – Holiday Edition

November is Diabetes Awareness Month and a great time to focus on how food can play a role in diabetes prevention and management! Join Diabetes Center Dietitian, Jenny, and WC Dietitian, Jen, for this fun holiday-themed cooking class. Recipes and samples will be provided.

Wednesday, November 6th at 5:30 pm

Cost is \$10 for members and \$15 for nonmembers.

Call 217-214-5858 to sign up.

Class size is limited.

B *BLESSING*
Wellness Center

blessinghealth.org/wellnesscenter