



BALANCED BITES

Cooking for Diabetes

Summer Edition

\$30.00
to register



Wednesday, July 29
10:00 AM



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

Class will include:

- ✓ Lunch
- ✓ Diabetes Wellness Education
- ✓ Recipes
- ✓ Meal preparation strategies
- ✓ Giveaways



HEALTH & WELLNESS TEACHING KITCHEN

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