



Dining with Diabetes

Diabetics (and people who care for them) will learn how to effectively manage diabetes and receive recipes and cooking tips during this three-session class.

Classes will meet on Wednesday afternoons from 3:00 - 5:00 pm.

March 3 March 10 March 17

UT Extension Office- 100 S. Wilson Ave. Brownsville, TN 38012

Each session will include food demonstrations and lots of "taste-testing"!

**** This is the FINAL class that will be offered FREE through the Delta Grant!**

PLEASE NOTE: All diabetic participants are required to have a health screening at the first meeting. The screening includes blood pressure, cholesterol, and A1C. There is no charge for the health screening, and you do not have to be fasting.

Class size is limited to the first 25 participants!
Every person attending **MUST** pre-register.

Call the UT Extension Office at 772-2861 and sign up
TODAY!

UT Extension provides equal opportunities in programs and employment.