



Learn About:



Managing Diabetes
Healthy Cooking
Decreasing Health Risks



AUGUST 6, 2020 - WHAT IS DIABETES?
AUGUST 13, 2020 - CARBS & SWEETENERS
AUGUST 20, 2020 - FATS & SODIUM
AUGUST 27, 2020 - PUTTING IT ALL TOGETHER!

Classes are from 5:30 - 7:30 each week

Please call
260-358-4826 to
register by 7/24/20

Classes held at
Love INC
715 Byron St

