



Learn About:



Managing Diabetes  
Healthy Cooking  
Decreasing Health Risks



**SEPTEMBER 4, 2020 - WHAT IS DIABETES?**  
**SEPTEMBER 11, 2020 - CARBS & SWEETENERS**  
**SEPTEMBER 18, 2020 - FATS & SODIUM**  
**SEPTEMBER 25, 2020 - PUTTING IT ALL TOGETHER!**

Classes are from 11:00 - 1:00 each week

Please call  
260-358-4826 to  
register by 8/21/20

Classes held at  
Senior Center  
500 Macgahan St

