

# DIABETES COOKING DEMO

## DIABETES EDUCATION PROGRAM

Sit back and relax while our team of diabetes educators cook up a storm! Sample the food, and take home the recipes!



**Date:** Wednesday, January 25, 2023

**Time:** 5:30-7:00 PM

**Location:** RCHS-Smiths Falls Site  
2 Gould Street-Unit 118

For more information, contact 613-284-2558



Rideau Community  
Health Services

Your Community Health Centre

RCHS funding is provided by Ontario Health - East Region, the Ontario Ministry of Children, Community and Social Services and by the communities and people we serve.