

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: Tuesday, March 14, 2023
Time: 1:30pm to 3:00pm
Location: RCHS-Smiths Falls Site
2 Gould Street-Unit 118

*OR you can join us on
Facebook Live and watch
from the comfort of your
home!*

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.