

# 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, November 23, 2022

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

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

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.