

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 September 27th, 2023

Time: 5:30-7:30 PM

Location: RCHS-Smiths Falls Site (Kitchen)
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.