



Rideau Community
Health Services

Your Community Health Centre

Diabetes Cooking Demo

DIABETES EDUCATION PROGRAM

Join us for a diabetes-friendly cooking experience!
Relax as our team of diabetes educators whip up
delicious, nutritious dishes.

Sample the food and take home the recipes!



Wednesday, November 22, 2023

1:30 - 3:00 pm

RCCHS Smiths Falls Site

2 Gould Street, Unit #118

REGISTER NOW!

FOR MORE INFORMATION, CONTACT 613-284-2558

RCCHS 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.