

DIABETES COOKING GROUP

Discover Delicious, Diabetes-Friendly Cooking!

Join our team of expert diabetes educators for a fun and informative cooking demonstration. Watch as they prepare tasty, healthy dishes that you can easily recreate at home. You'll also enjoy a meal and dessert!



LOCATION: All classes will be held at Rideau Community Health Services, 2 Gould Street, Unit 118, Smiths Falls

DATES

September 25, 2024

December 13, 2024

March 26, 2025

September 29, 2025

TIMES

5:30 - 7:00 pm

1:30 - 3:00 pm

5:30 - 7:00 pm

1:30 - 3:00 pm

REGISTRATION IS REQUIRED - CALL 613-284-2558