



Cooking Class Series

Class Options:

March 8 & 22
May 10 & 24
July 12 & 26
Oct. 11 & 25

Mondays
11:00 a.m.
to 1:30 p.m.
(Lunch Included)

DeKalb Memorial Hospital

1316 East 7th Street • Auburn, Indiana

Do you or someone you live with have Diabetes? Are you looking for recipes and ideas that taste good and fit into your diabetic diet? Each Monday session includes lunch, educational materials and recipes.

Day 1:

- **What is Diabetes?**
- **Desserts** Carbs & Sweeteners

Day 2:

- **Main Dishes** Fats & Sodium
- **Side Dishes** Vitamins & Fiber

DWD WORKSHOP LEADERS:

Ann Williams, CFS Educator

Purdue University Extension, DeKalb County

Vickie Faux, RN CDE

Rhonda Walton, RD CD

Diabetes Education Services, DeKalb Memorial Hospital

Purdue Extension

Knowledge to Go

DeKalb County

Registration deadline Monday before first class date!
REGISTER EARLY -- CLASS SIZE IS LIMITED!

REGISTRATION FEE: \$25.00 (per person) or \$40.00 (per couple). Full rebates available for persons 60 years and over (after completing the program) from Aging & In-Home Services of Northeast Indiana. Call (260) 925-2562 for more information.

It is the policy of the Purdue Cooperative Extension Service, that all persons shall have equal opportunity and access to the programs and facilities without regard to race, color, sex, religion, national origin, age marital status, parental status, sexual orientation, or disability. Purdue University is an Affirmative Action Employer. If you have special needs, please indicate at time of registration or call us prior to first class at 260-925-2562.