

Cooking with Chelsie!

ProMedica Fostoria Community Hospital is hosting a free cooking demonstration with diabetic education on Tuesday, November 15 from 4-5 p.m. in the basement conference center.

The cooking demonstration, by Chelsie Schmidt, General Manager of Nutrition Services at Fostoria Community Hospital, will include a healthy, diabetic-friendly meal, and diabetes education by Carolyn Tienarend, Diabetic Educator and Registered Dietitian.

Masks are required at this indoor event. Reservations are required and seating is limited. Contact Becky Bouillon at 419-436-6688 or becky.bouillon@promedica.org by November 9, 2022 to reserve your seat.



EVENT DETAILS

What:
Cooking demonstration with diabetic education

When:
Tuesday, November 15
4:00 pm – 5:00 pm

Where:
Conference center located in the basement of ProMedica Fostoria Community Hospital.

Reservations are required and seating is limited. Contact becky.bouillon@promedica.org or call 419-436-6688 for reservations by Nov. 9.

Healthy eating is a sign of
self-respect.



Program sponsored by FCH Foundation, Diabetes Education Fund.