

LOOKING FOR EXTRA DIABETES HELP? CHECK OUT THE FOLLOWING CLASSES!

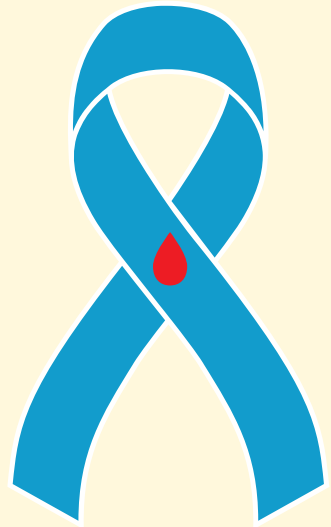
DIABETES COOKING CLASSES

*Looking for new recipes? Have you been recently diagnosed with diabetes and unsure where to start? Come to the old rec center for our diabetes cooking class! **MUST RSVP to attend!***

- WEDNESDAY JULY 10 5:00-6:30 PM
- WEDNESDAY JULY 17 5:00-6:30 PM
- WEDNESDAY JULY 31 5:00-6:30 PM
- WEDNESDAY AUGUST 7 5:00-6:30 PM
- WEDNESDAY AUGUST 14 5:00-6:30 PM

Old Recreation center

W2276 Chief Little Wave Keshena WI, 54135



DIABETES SUPPORT CLASSES

*Looking for extra support in managing your diabetes? Would you like to additional nutrition information or just a place to share different ideas for managing diabetes. Come to the **FACE center!** **RSVP highly recommended!***

- THURSDAY JULY 18 5:00-6:00 PM
- THURSDAY JULY 25 5:00-6:00 PM
- THURSDAY AUGUST 8 5:00-6:00 PM
- THURSDAY AUGUST 15 5:00-6:00 PM

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(FACE) center

Questions or wanting to RSVP?

Call 715-799-5431

