



DINNER TONIGHT

HEALTHY COOKING SCHOOL

Manage Your Diabetes by Eating Well at Home.

Introducing the Dinner Tonight: Diabetes Edition Program

Dinner Tonight and its Healthy Cooking Schools now bring you Dinner Tonight: Diabetes Edition. We demonstrate meals that are balanced, healthy, and can be prepared quickly at home. Spend more time together as a family – while improving your health!

Visit the Website: DinnerTonight.org

Sponsored by the Garden Ridge Library and the Garden Ridge Lions Club



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