



SHARE OUR STRENGTH'S
**COOKING
 MATTERS**[®]
 NO KID HUNGRY
EXTRA

for Diabetes



Cooking affordable and healthy meals just got easier!

The **Cooking Matters EXTRA for Diabetes**[™] workshop is a **6-week** commitment of fun, interactive sessions presented by trained culinary and nutrition instructors. Hands-on presentations demonstrate the link between nutrition and health, the affordability of healthy eating, healthy meal planning, and cooking tips. Free groceries and cookbooks are included to practice new skills at home.

Cooking Matters EXTRA for Diabetes[™] provides specialized recipes and information for adults living with diabetes and their caregivers. The workshop is appropriate for people who are newly diagnosed as well as those who have been living with type 2 diabetes for years, and those with prediabetes.

Discussions focus on general healthy eating and physical activity recommendations for those living with diabetes, but do not include specific meal plans or carbohydrate counting. Cooking Matters EXTRA for Diabetes is not intended for Medical Nutrition Therapy, nor is it designed to replace a clinical diabetes self-management course.

Registration is limited to one class and is open to adults who have not previously enrolled in a Cooking Matters course. **Cooking Matters EXTRA for Diabetes**[™] workshops are **FREE** of charge.

Please visit beaumont.org/classes-events or call 800.543.WELL(9355) to register.

Tuesdays, 3/21/17 – 4/25/17
11:30am – 1:30pm

Romulus Senior Center
 36525 Bibbins, Romulus, MI 48174

Tuesdays, 4/11/17 – 5/16/17
6:00 – 8:00pm

City of Wayne Senior Services –
 HYPE Wayne Recreation Center
 4635 Howe Rd, Wayne, MI 48184

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Ford Motor Company Fund



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