

Cook Well - Eat Well 2021



A Four-Week Cooking Class for Adults Living with Diabetes

Cook Well with Diabetes is a FREE cooking class via LIVE VIDEO Conferencing, providing hands-on, creative, fun activities, professional instruction, interesting experiences, a wonderful cookbook, and all the fresh ingredients you need to make delicious meals! This program is perfect for adults with diabetes and/or their partner/spouse or caregiver. All experience levels welcome!

Topics include: healthy eating, weight management, label reading, modified diets, diabetes self-management, cooking for one or two, limited mobility, budgeting and much more. Talk with a Registered Dietitian and Health Educator, who work by your side throughout the program.

Location: Live Video Conferencing (You will be invited via email to join us!)

Dates: Tuesdays, April 20, 27, May 4 and May 11, 2021

Time: 11:00am – 1:00pm includes eating lunch together!

Sponsor: Ledge Light Health District

Class size is limited. Call today! To register, or for more information contact Ledge Light Health District - 860-448-4883. (space is limited)

This program is funded by the CT Department of Public Health and based on the Cooking Matters Program and the Live Well with Diabetes Program.



Take
Control

Feel
Better

Energize

Live Well

Enjoy