

DIABETES COOKING DEMO

Eat Well with Diabetes – Without Giving up Flavour

Join our team of expert diabetes educators for a live cooking demo!

Tasty, healthy, and easy to make.

Sample the dishes.

Take the recipes home.

Get practical tips that work.



Date: Friday, June 26, 2026

Time: 1:00 – 3:00PM

Location: Brockville Site, 100 Strowger Blvd.

**TO LEARN MORE AND REGISTER
PLEASE CALL 613-498-1555**



Rideau Community
Health Services