

Diabetes Cooking Demo

Diabetes Education Program

Join us for a diabetes-friendly cooking experience!
Relax as our team of diabetes educators whip up delicious,
nutritious dishes.

Sample the food and take home the recipes!



WHERE

Brockville Site
100 Strowger Blvd,
Unit 107

WHEN

June 19, 2025

Time

1:30pm-3:30pm

For more information or to
register, please call
613-498-1555



Rideau Community
Health Services