

# Cooking group – diabetes

**Do you have diabetes? Not sure what to cook?  
Would you like to improve your cooking skills?**

- **Enjoy two cooking sessions over two months**
- **Learn about foods for diabetes and blood glucose control**



**Where:** Ray Sweeney Centre,  
45 Coster St Benalla

**When:** Session one: Thursday 4 April  
Session two: Thursday 2 May

**Time:** 11:30am to 2pm

**Cost:** Gold coin donation

**Bookings are essential for catering.**

**To book a spot please phone**

**(03) 5761 4500**

