

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: Waminda Neighborhood House,
19 Ballintine Street, Benalla

When: Session one: Thursday 18 April
Session two: Thursday 16 May

Time: 11:30am to 2pm

Cost: Gold coin donation

Bookings are essential for catering.

**To book a spot please phone
5761 4500**

