



Do You Have Diabetes or Are you At Risk for Diabetes?

Join us for Free Cooking Classes!

We'll show you valuable tips on how to make healthier meals.

6 Week Series

Thursday, October 13, 2011 – November 17, 2011

11:00 am – 12:30 pm

Cornell Cooperative Extension

Cayuga County Education Building

248 Grant Avenue

Auburn, NY 13021

Classes Lessons will feature:

**Serving Size * Carbohydrates * How to Read Food Labels * Using Whole Grains *
Cooking with Less Fat & Salt * Eating More Fruits & Vegetables**

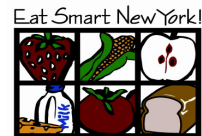
Seating is Limited!

RSVP to:

Cayuga Community Health Network (315) 252-4212



**Cornell University
Cooperative Extension
Cayuga County**



This program is sponsored by

Auburn Memorial Hospital, CNY Community Foundation & Cayuga Health Network