

Let's Get Cooking!

**Free Educational Cooking Class for Individuals
Living with
Diabetes or Pre-Diabetes**



Date: Thursday September 14, 2017

Time: 5:00—7:30pm

Location: Napanee Community Health Centre
26 Dundas St West

Please Register as space is limited

Contact Information:

Phone: 613-354-8937

Email: alerisc@kchc.ca



**Napanee Area Community
Health Centre**

A part of Kingston Community Health Centres (KCHC)