



MADE POSSIBLE  
THROUGH THE  
GENEROUS SUPPORT OF  
DAVID & ELIZABETH KERR

# Healthy Cooking For People with Diabetes



October 23<sup>rd</sup> to December 11<sup>th</sup>  
Mondays, 10:30am-1:30pm

Expert nutrition and diabetes management advice  
from Huron Perth Diabetes Education Program

Expert cooking advice from The Local!

This 8 week program is hands-on and includes  
light exercise as well as lunch

TO REGISTER CONTACT [LIZ@THELOCALCFC.ORG](mailto:LIZ@THELOCALCFC.ORG)  
OR CALL LIZ MOUNTAIN AT 519 508 3663 EXT. 4