Diabetes Cook Along

Dates of the 4-week class:
- Wednesdays, starting January 25th

Time and Place:
- 4 - 5:30 pm
- Salina Senior Center 375 N 400 W, Salina Utah

Registration:
- You may register online, call, or email -
  - [https://tinyurl.com/yeyvw4sd](https://tinyurl.com/yeyvw4sd)
  - Call - 435-893-0471
  - Email - kari.ure@usu.edu

Bring a friend or loved one and come learn how to manage your diabetes symptoms and discover new cooking techniques to create tasty, diabetes-friendly meals!

Participants will also receive a meal during class, a diabetes cookbook, and a chance to win door prizes!