

DIABETES COOKING DEMO

DIABETES EDUCATION PROGRAM

Sit back and relax while our team of diabetes educators cook up a storm! Sample the food and take home the recipes.



Date: Wednesday September 25th, 2024

Time: 5:30-7:00 PM

Location: RCHS-Smiths Falls, 2 Gould St., Unit 118 (Kitchen)

Registration required: Call and secure your spot, see below.

TO REGISTER call 613-284-2558



Rideau Community
Health Services

Your Community Health Centre

RCHS funding is provided by Ontario Health - East Region, the Ontario Ministry of Children, Community and Social Services and by the communities and people we serve.