

2016 DIABETES & YOU

**Cooking
Demonstrations!**

Recipe Sampling!



Friends!

Fun!

Better Health!

FREE for You and Your Family!

Would you like to learn more about diabetes & meet others who understand? Then come & join us!

January 27, 2016

12 noon– 1 pm

Take the Clothes Off the Treadmill!

Reeves Community Center– Kids Klub Room (Lower Level)

February 24, 2016

12 noon– 1 pm

Love Your Heart

NC Cooperative Extension in Dobson, NC

March 9, 2016

12 noon– 1 pm

Pass the Pink Packet, Please?!

Reeves Community Center– Kids Klub Room (Lower Level)

April 20, 2016

12 noon– 1 pm

Uncovering Nutritional Myths

NC Cooperative Extension in Dobson, NC

May 18, 2016

12 noon– 1pm

Flavoring with Herbs

Reeves Community Center– Kids Klub Room (Lower Level)

June 1, 2016

12 noon– 1pm

No Space, No Problem: Container Vegetable Gardening

NC Cooperative Extension in Dobson, NC

**Reserve Your Spot!
Call 401-8025**



336-401-8025

Sponsored By:



Education With Compassion



**Diabetes Education Program
Surry County Health & Nutrition Center
336-401-8419**

If you are a person with a disability or desire any assistive devices, services or other accommodations to participate in this activity, please call 401-8025 during the business hours of 8:15 AM—5:00 PM at least two weeks before the event to request accommodations.