

DIABETES / PRE-DIABETES COMMUNITY COOKING CLASS



May 12
1pm-3pm

**Southern Garrett County
Rescue Squad Building**

**Do you have diabetes, pre-diabetes
or are interested in learning more
about a healthy diabetic diet?**

All are welcome to join a free community cooking class being hosted by the Nurse Care Coordinators of Mountain Laurel at the Southern Garrett Rescue Squad Building.

Participants will enjoy a hands-on cooking demonstration with take home materials, food to enjoy and door prizes.

To reserve your spot, please call 301-533-3300. Dial extension 3031 (Emilee, RN). Limited space available.

MOUNTAIN LAUREL
Medical Center

DEAP
DIABETES EDUCATION
ACCREDITATION PROGRAM

AADE American Association
of Diabetes Educators

1027 Memorial Drive, Oakland • 301-533-3300 ~ 104 Parkview Drive, Grantsville • 1-844-652-8735

