

TRAVIS COUNTY

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Improving Lives. Improving Texas.



October 20, 2012
10am-3pm
Lunch included in price

Presents *Cooking Well, With Diabetes*- a cooking school with four lessons:

- Carbohydrate Foods (cooking the Diabetic Diet)
- Making Recipes with Fat Better for You
- Double-Pleasure Side Dishes- *Reducing Sodium & Increasing Fiber*
- Celebrating Sensibly with Diabetes – *Holiday Meals*

The program helps people with diabetes learn the skills needed to manage their disease successfully. To register for classes sign up at <https://agriliferegister.tamu.edu>

The Cost is \$35.00 -please pre-register with conference services. Class size must reach at least 10 to cover supplies and there will be a limit of 20 participants due to space. Refunds provided if class does not make.

The Program is open to all County residents (on a first register basis) and will be offered at the Travis County AgriLife Extension Office from 10am - 3pm. Please be prepared to taste dishes and bring along extra snacks if needed. Done in partnership with the Central Texas Diabetes Coalition. Call the contact for additional information:

Amy Harris, M.S.

Texas AgriLife Extension Service-County Agent

512-854-9600