



COOKING FOR TYPE 2 DIABETES AND WHAT THAT MEANS TO YOU

The Newport Senior Activity Center

Thursdays

10:30—11:30 AM

INSTRUCTOR: Diane Ackerman

COST: \$20.00 for all 4 classes

The Newport Senior Center will be having a cooking for type 2 diabetes class throughout the month of May 2010. Classes will be taught by Diane Ackerman. Diane has been teaching Cooking Classes on a wide range for about 50 years. Diane herself is diabetic & has important knowledge to share with all. Classes will begin on May 13th 2010 and will end on June 3rd 2010. Recipes and taste test are included in the course. Please contact the Newport Senior Center at 20 SE 2nd ST. Newport or by calling 541-265-9617 for more information and sign up.