



# Cooking well with Diabetes

4 part series!

Monday from 6:00pm - 7:00pm

Wharton Main Library ,  
1920 N. Fulton, Wharton

**Ages:  
18 and up**

Seating is limited!  
Call to reserve  
your seat:  
(979)532-8080

**Session 1: October 16**  
**Session 2: October 23**  
**Session 3: October 30**  
**Session 4: November 6**

**Free  
Classes!**

Fun, interactive classes packed  
with research based information and  
delicious diabetes friendly recipes

TEXAS A&M  
**AGRI LIFE**  
EXTENSION

**Matagorda/Wharton County**  
COMMUNITY COALITION  
supplemental funds provided by HHSC special grant

