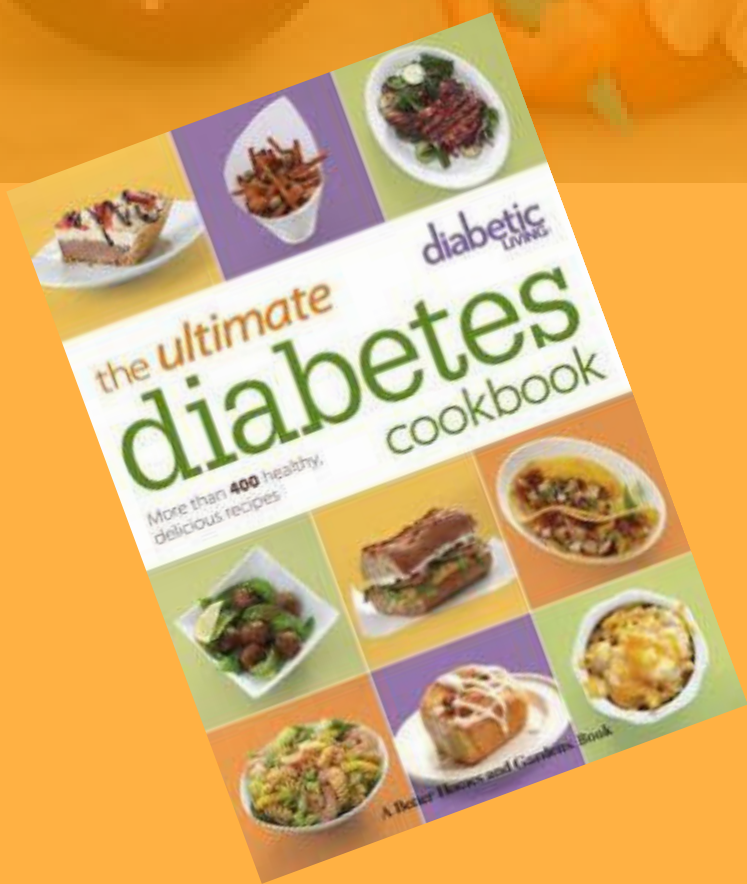


# COOKING WITH DIABETES FOR SENIORS



## ***Seniors with Type 2 Diabetes: FREE Healthy Cooking Demonstrations***

This is a collaboration of Hy-Vee, the Muscatine Diabetes Walk Project and United Way to give seniors with Type 2 diabetes fresh ideas and recipes to ease the challenge of blood sugar control.

Both sessions will follow the monthly Diabetes Support group meetings held the second Tuesday of every month, 6:00 to 7:00 pm, in the Hy-Vee Club Room. Please feel free to join the support group meetings as well!

For more information, please contact Nichole at United Way at 563.263.5963 or at [nichole@unitedwaymuscatine.org](mailto:nichole@unitedwaymuscatine.org).

## August 8th & September 12th

Sessions are held at Hy-Vee in the Club Room from 7-8pm. Must sign-up by August 1st and attend both sessions to receive a free copy of the book (*limited to 20 participants*).



United Way of Muscatine