

Cooking for Prediabetes and Diabetes

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Clinical Dietitian & Diabetes Educator

What we eat affects our chances of developing prediabetes and, ultimately, diabetes.

The good news is that we can greatly protect ourselves by making simple changes to our cooking and eating habits.

Join us for food preparation tips and supper. Learn how you can eat well while enjoying every bite!

Dinner Menu

- Chicken Taco Casserole
- Apple Cranberry Walnut Salad
- Pumpkin Zucchini Muffins

Monday, November 13

First Congregational UCC of Grand Marais

Cost: FREE! 5:30 - 7:00 pm

RSVP by 11/10/17 to hartley@sawtoothmountainclinic.org
or call 387-2330

Can't come for dinner?
Watch live on Sawtooth
Mountain Clinic's
Facebook page!

Cook County
Public Health
& Human
Services

Sawtooth Mountain Clinic
Together Through Life
a 501(c)(3) not-for-profit organization