

Cooking Well

with Diabetes

LOCATION

Palm View Branch Library - Study Room A
3401 Jordan Rd. W., McAllen | (p) 956.681.3114

DESCRIPTION

A healthy cooking school designed to help people with or without diabetes and anyone that prepares food for them. Register online at <https://mcallenlibrary.libnet.info/events>.

SESSIONS

Carbohydrate Foods

Wednesday, March 8th, 2023 at 11:00AM

Make Recipes Better for You

Wednesday, March 15th, 2023 at 11:00AM

Double Pleasure Side Dishes

Wednesday, March 22nd, 2023 at 11:00AM

Celebrate Sensibly

Wednesday, March 29th, 2023 at 11:00AM

