



Let's Taco-Bout It

November is Diabetes Awareness Month and a great time to focus on how food can play a role in diabetes prevention and management! Join Diabetes Center Dietitian, Jenny, and WC Dietitian, Jen, for this fun Mexican-themed cooking class. Recipes and samples will be provided.

On the menu: Chopped Chicken Mexican Salad with Lime, Taco Dip, Churro Energy Bites, Mango Raspberry Margarita Mocktail

Tuesday, November 14th at 5:30 pm

Cost is \$10.

Call 217-214-5858 to sign up.

Class size is limited.

B *BLESSING*
Wellness Center

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