

Diabetes Management class series



Wimberly's Roots
Community. Garden. Kitchen.

A diabetes diagnostic can be life changing. Learn how to manage your chronic condition and get support.

Thursday, March 16
4:00–5:00 PM

Wimberly's Roots Demonstration Kitchen
163 Martin Luther King Jr. Drive
Winder, GA 30680

We will cover a range of topics throughout the series including:

- prevention and management of diabetes
- different types of diabetes
- nutrition
- diets and foods that support healthy living
- cooking and gardening demonstrations

Additional Dates:
Thursday, June 15
Thursday, November 16



REGISTER:



SIGN UP AND BE ENTERED INTO A RAFFLE TO WIN PRIZES!