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"A GREAT PLACE TO LIVE"

PRESS RELEASE

DIABETES CLASS - CULTURAL CUISINE WITH DIABETES ON A BUDGET

Watauga, Texas- Join us for a free series of diabetes cooking classes at the Watauga Public Library, sponsored by the Texas A&M AgriLife Extension Service. The classes will be held on February 10th, February 17th and February 24th from 1:00 p.m. to 2:00 p.m.

Learn how to prepare exciting meals that are economical and taste great. These recipes will also help keep your diabetes under control. The instructor, Markena Minikon, an expert in the area of nutrition and health, will answer all your questions about healthy eating for those who have diabetes as well as for those who are at risk of developing diabetes.

These classes are free, and all are welcome! Please call 817.514.5865 to reserve your spot at the Watauga Public Library.

More information about Texas A&M AgriLife Extension Service – The mission of the Tarrant County branch of the extension service is to improve county residents' quality of life with custom-made educational programs which are based on community-identified needs and developed by local volunteers.