

2020

# DIABETES HEALTHY EATING

## *March into Wellness*

Tuesday

**MARCH 3rd**

**5:30PM-7PM**

OES BUILDING, Second Floor  
Highway 33  
Perkins, OK 74059



## *Monthly*

### HEALTHY COOKING DEMONSTRATION

Cook a nutritious meal.  
Dine on prepared meals.

Next Demo April 7, 2020

