

COOKING DEMONSTRATIONS

Take a practical look at tasty food for people with diabetes.

Includes tastings



Where:

The Diabetes Centre
The Queen Elizabeth Hospital
8 Woodville Road
WOODVILLE SA 5011

Bookings:

Reception Diabetes Centre
The Queen Elizabeth Hospital
Telephone (08) 8222 6771
Limited places available

MONDAYS 11AM - 1PM:

22 nd March 2010	Healthy Dessert Ideas
7 th June 2010	Soups and Stews
6 th September 2010	Pasta & Rice Dishes
8 th November 2010	Salads and Dips
13 th December 2010	Christmas recipes

Cost \$5.00 (To be paid at time of booking, non-refundable)

Presented by qualified dietitians