

FREE EVENT

TEACHING KITCHEN

Join us for a FREE community cooking class featuring exercise tips and delicious recipes to help with glycemic control.

Central Florida Health Care would like to give back to our community. Please bring a non-perishable food item to our next class.



DATE

Thursday, May 2, 2019

TIME

5:30 PM - 7:00 PM

LOCATION

201 Magnolia Ave SW
Winter Haven, FL | 33880

TOPICS

- Glycemic Control
- National Mediterranean Diet Month
- National Physical Fitness & Sports Month
- Free Recipe Sampling
- Ask to see a Dietitian

Call **863.444.0492** for more details.