

Nutrition Basics for those with diabetes or pre-diabetes

Eat Well, Feel Great, Live Healthy.



**Wednesday,
June 10th
3:00 - 4:00pm
at the Bourbon
County Health
Department**

**Join us for a
nutrition
learning session.
"Better Banana"
Pudding will be
served!**



**Take home a
booklet with
management
tips and recipes.
No RSVP
required.**

**The Bourbon
County Health
Department is
an equal
opportunity
provider.**



BCHD
Bourbon Co Health Department
Grow Healthy...Stay Healthy



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