

Diabetes Today

12:00 pm - 1:00 pm

Alleghany Wellness Center

January 9, 2018 - Soup Month

February 6, 2018 - Heart Health

March 6, 2018 - Go Further with Food

April 3, 2018 - Cancer Control (Eat Anti-inflammatory)

May 1, 2018 - Med not Meds

June 5, 2018 - Fresh Fruits & Vegetable Month



Join us for free food samples, delicious recipes and helpful information about diabetes and your daily life.

These are FREE workshops, but you must reserve your spot
RSVP to Alleghany Cooperative Extension 336-372-5597