CarboPhobia: Demystifying Diabetes Management

- Do you worry about eating the “right” foods to help manage your diabetes?
- Wondering what sweeteners you should be using?
- Struggling with portion control?
- Curious about whether to use butter, margarine or other types of fat?
- Unsure if you need to pay attention to glycemic index and glycemic load?

If so, stress no more! Attend our cooking school!

“CarboPhobia: Demystifying Diabetes Management”
Thursday, Nov. 17
5:30 to 7 p.m.
Creighton Cardiac Center, 3006 Webster St.
$10 per person

CarboPhobia cooking school attendees will learn the basic ins and outs of managing diabetes through lifestyle techniques while enjoying a TASTY, diabetes friendly meal.

Registration and prepayment is required no later than Monday, Nov. 14. Space is limited, so call Rita at 402.280.4950 or Joni at 402.280.1813 to reserve your space early. Checks can be made out to Creighton Medical Associates and mailed to either the Creighton Cardiac Center (3006 Webster St., Omaha, NE 68131) or Creighton Medical Associates - Dundee Clinic (5002 Underwood Avenue, Omaha, NE 68132).

Please note: We are unable to refund your money in the event that you cancel.