



PURDUE
UNIVERSITY

COOKING CLASS

Learn to:

- Cook with Sweeteners!
- Cook with Less Fat!
- Cook Dishes with Fruits and Vegetables!

6:00 p.m. - 9:00 p.m.

Tuesdays and Thursdays

June 12, 14, 19 and 21, 2007

Do you or someone you live with have Diabetes? Are you looking for recipes and ideas that taste good and fit into your diabetic diet? Each session there will be light meals of main dishes, side dishes and dessert.

"Dining with Diabetes" instructors:

*Glenda DeFord, M.S., Consumer and Family Sciences Extension Educator
Lawrence County Extension Office- 924 16 St., Bedford, IN*

*Bonita Strunk, RN, COHC, Director-Health Management Department
Bedford Regional Medical Center- 2900 W. 16th St., Bedford, IN*

*Linnea Nikirk, RD, CD, Dietary Director, Chief Clinical Dietician
Dunn Memorial Hospital- 1600 23rd St., Bedford, IN*



Classes Will be Held at the
Extension Office Kitchen Classroom

Enrollment Form

Name _____

Address _____

Phone # _____

E-mail _____

Make check payable to **Purdue CES Education Fund**

Please clip enrollment form and return to:
Lawrence County Extension Office
924 16th Street
Bedford, IN 47421-3824

\$30.00 Fee pd check # _____ (materials and meal)

\$20.00 Fee pd check # _____ (spouse/caregiver meal)

Purdue University is an equal opportunity/equal access university
If you have special needs, please indicate on the enrollment form, or call us prior to the meeting at
812-275-4623 or call: 888-EXT-INFO and ask for the Lawrence County Office