CarboPhobia Cooking Class: 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!

Come to the Cardiac Center's cooking class on Thursday, Nov. 17, from 5:30 to 7 p.m. at the Creighton Cardiac Center’s Arthur and Florence Enewold Auditorium. Cost is $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 is required no later than Monday, Nov. 14. Space is limited, so call 402.280.4950 to reserve your space early. Please note: the Cardiac Center is unable to refund your money in the event that you cancel.