

# COOKING MATTERS

**Wednesday July 10  
10-12:30pm**

Join us for a 2-hour seminar to discuss strategies to better manage diabetes and overall weight. We will also build on cooking skills by preparing turkey tacos and lemon fruit cups for lunch!

**\$15 per person**

**Register at the office. Checks only.**

**Payable to St. Charles County  
Extension Council .**

**Limited to 15 participants**