

St. Louis County Library ***News Release: January 16, 2008***
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Natural Bridge Branch Presents Eat Well, Be Well with Diabetes

The St. Louis County Library Natural Bridge Branch, 7606 Natural Bridge Rd, will present a four-part cooking class for people with diabetes, their families and friends. Classes dates are February 6, 13, 20, 27 from 1:00 – 3:00 p.m.

“Eat Well, Be Well with Diabetes” will provide practical information about healthy food choices for people with diabetes, and will demonstrate diabetic-friendly versions of familiar foods that are easy to prepare. Participants will also learn cooking techniques that use more healthful ingredients, and self-management skills to avoid diabetes complications.

Classes are two hours long and include instruction, food tasting and light physical activity. There is a small cost of \$25.00 per person or \$30.00 per family to cover the food demonstration expenses. To register for the class or for more information please contact Natural Bridge at 314/382-3116.

Program sites are accessible. Upon two weeks notice, accommodations will be made for persons with disabilities. Contact St. Louis County Library by phone 314-994-3300, (TDD\TTY) 314-994-9255 or visit www.slcl.org.

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