



CLASS OVERVIEW

MEGHAN'S KITCHEN



INSTRUCTOR

Meghan McLarney, RD, LMNT, CDE

DESCRIPTION

Diabetes Cooking Classes Nebraska Medicine – Midtown Clinic

Learn to cook healthy recipes that are simple, fun and help control your blood sugar.

CLASSES INCLUDE

- Free recipes
- Food tasting
- Door prizes

MIDTOWN COOKING CLASSES

All classes are held on Thursdays from 4 to 5 p.m.

March 9
April 13
May 11
August 10

September 14
October 12
November 9

COST

Midtown Clinic patients = FREE
Non-Midtown Clinic patients = \$5

TO REGISTER

You must pre-register to attend.
Call 402.595.3939 TODAY!

LOCATION

Classes are held at the Nebraska Medicine – Midtown Clinic, located at 139 S. 40th Street, Omaha, Neb.

Transportation assistance is available for Midtown Clinic patients. Ask for Barry to receive more information.