



# COMAL COUNTY

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## PUBLIC INFORMATION

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### **Extension Office offers online Cooking Well with Diabetes classes**

**FOR IMMEDIATE RELEASE, MAY 29, 2020:**

*NEW BRAUNFELS* — The extension offices from Comal, Kendall and Guadalupe counties are teaming up to provide online classes for students needing to know how to manage their diabetes through cooking healthy and tasty meals.

“Cooking Well with Diabetes” will take place from 12:30-1:30 p.m. each Tuesday and Thursday for three weeks beginning June 9. The cost is \$20 per adult for all six sessions.

“This is a fun series of interactive classes packed with research-based information that will help participants cook delicious diabetes-friendly recipes,” said Jymann Davis, Comal County extension agent for family and community health. “We can’t meet in a classroom, but we can still enjoy cooking tasty and healthy meals.”

Class sessions will cover such topics as recognizing carbohydrates in foods and using sweeteners effectively, learning healthy substitutions for fat and sodium, and celebrating sensibly with special events recipes. Each session also includes recipe demonstrations.

The link to enroll in Cooking Well with Diabetes is [eventbrite.com/e/cooking-well-with-diabetes-webinar-tickets-105015383840](https://eventbrite.com/e/cooking-well-with-diabetes-webinar-tickets-105015383840). After registering, participants will receive a link to complete a pre-survey, after which they will receive a link for the class itself.

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