



Dining with Diabetes

Join MSU Extension and a local health professionals for a series of classes on how to make tasty foods and smart decisions that won't knock you off track!

Each class will include food preparation and tasting as well as learning about diabetes, meal planning, nutrition labels, carbohydrates, and more!

Preregister by January 20th - FCFS Limited Seats Available

Class Schedule

Tuesdays in February
3rd, 10th, 17th, 24th
5:30-7:30 PM

@ The Bighorn Center
200 N. Mitchell Ave., Hardin



To Register Contact

MSU Extension
Big Horn County Office
200 N. Mitchell Ave., Hardin
406-665-9773
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Big Horn Hospital Association

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