

Diabetic Cooking Classes!

Are you Diabetic? Tired of figuring out what to eat and how to cook it?



Come join us for **FREE** Diabetic Cooking Classes:

Who: BMC Patients and Staff with diabetes or who have loved ones with diabetes

Where: Dowling Building, 4th floor, Demonstration Kitchen (across from the food pantry)

When: 12 PM – 1 PM, 1st and 3rd Wednesday

Taste & Learn Delicious, Healthy Recipes!!!

→ For more information, call (617) 414-6795