



FOR IMMEDIATE RELEASE
December 7, 2017

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Cooking Well with Diabetes Series at the Westside Community Center

New Braunfels, TX – At the start of the 2018 new year, Texas AgriLife Extension of Comal County will be running a four-part interactive diabetes series every Tuesday morning in January at Westside Community Center. These cooking sessions will be fun, interactive classes packed with research based information and delicious diabetes friendly recipes. The Center is located at 2932 IH35 in New Braunfels.

AgriLife Health Education Extension Agent Krystal Snider will educate participants during the following four sessions: Carbohydrate Foods, Making Recipes with Fat Better for You, Double Pleasure Side Dishes and Celebrating Sensibly. All sessions will be held from 10:00 a.m. to 12:00 p.m.

Those wishing to participate, should register online at www.nbtexas.org/library. Registration is available online now through January 3rd.

“Texas Agri Life Extension agents of Comal County continue to provide amazing services for our New Braunfels residents,” stated Westside Community Center Outreach Coordinator, Jennifer Hernandez. “We are so thankful for the programming partnership and the opportunity to increase diabetes awareness through cooking education.”

For more information, call the AgriLife Extension Office at 830-620-3440 or the Westside Community Center at 830-221-4630.

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