

West Virginia State University Extension Service offering Diabetes Cooking School

- WHO:** West Virginia State University Extension Service &
South Charleston First Church of the Nazarene
- WHAT:** Diabetes Cooking School
- WHEN:** Thursday, February 12, 2009 at 1:00 pm
- WHERE:** The First Church of the Nazarene in South Charleston

(located at 4923 Kentucky Street in Spring Hill, 25309, 304.768.7417)

The first class of a Diabetes Cooking School will take place Thursday, February 12, at the First Church of the Nazarene in South Charleston. This workshop will run from 1pm to 3pm with food demonstrations from 1pm - 2pm.

The cooking school will focus on foods that are commonly served during the winter months and around Easter holidays. February's meeting will have demonstrations on Pinto Beans and Cornbread, Chili, and Mac & Cheese. Attendees will learn how to prepare some classic favorites in a way that will reduce the fats, sugars, and sodium and still taste yummy!!

The February class has limited space available. Interested people should call the church to make a reservation. West Virginia State University Extension Service and the church will be holding additional Diabetes Cooking School sessions during March and April. Please call First Church of the Nazarene at (304) 768-7417 to register for March and April. All classes are free and open to the public.

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Diabetes Cooking School presenters:

Kate Bird earned a BS in dietetics and a MS in Public Health Nutrition. She has more than eight years experience providing nutrition and health education to various audiences.

Bonnie Dunn-Parsons earned a BS in Family & Consumer Sciences with an emphasis in nutrition and health and a MS in Education. She has 36 years of teaching experience, of which 15 of those years have been dedicated to Diabetes Education and cooking schools.

