



# Nutrition and Cooking Classes

*Join Licensed FFL Instructor Roxanne Schuster*

**Where:**

*John C Fremont Public Library  
130 Church Ave Florence, CO*

**When:** *Tuesday May 6, 2025*

**Time:** *1:00PM-3:00PM*

**Understanding Type 2 Diabetes and Designing a Diet for Maximum Weight Control-**

Classes are intended for those with diabetes, insulin resistance, pre-diabetes, family history or risk factors for diabetes.

**Each class features nutrition education and cooking demonstrations. Recipes and samples provided.**

*Cash donations to help support cost of food and materials is greatly appreciated*

**Registration Required**

**Call Abby 719-784-4649 ext. 3**

**Email- [roxanne@consciouschoiceliving.com](mailto:roxanne@consciouschoiceliving.com)**

**Or call or text Roxanne at 719-660-5739**

**Physicians  
Committee**  
for Responsible Medicine

