



Rite Bite Diabetes Cooking

Today's seniors are living large as they embrace a healthy lifestyle. Enjoy a cooking demonstration and educational presentation on diabetes.

Mondays • 10:30am – noon

September 18 • Activity code BEP42901

October 16 • Activity code BEP42905

November 20 • Activity code BEP42908



Ages 50+
\$4/class

Register Today!

www.gwinnettparks.com



Bethesda Park Senior Center
225 Bethesda Church Rd., Lawrenceville
678.277.0179