

Nutrition and Diabetes



Wednesday, October 14th • 8:15 am – 9 am

Cooper City Pool & Tennis Center

11600 Stonebridge Parkway, Cooper City, FL 33026

Featuring: Carla Duenas RD, LDN

Is bread the enemy? Are carbs bad? Come and learn with Baptist Health South Florida at this interactive class where a Baptist Health registered dietitian will cover nutrition basics to help manage your blood glucose levels and weight through proper eating, basic carbohydrate counting, and label reading.

Light breakfast will be provided to all participants. Items to be raffled to attendees. Must arrive early to receive a raffle ticket!

For a complete listing of programs, visit BaptistHealth.net/Wellness

