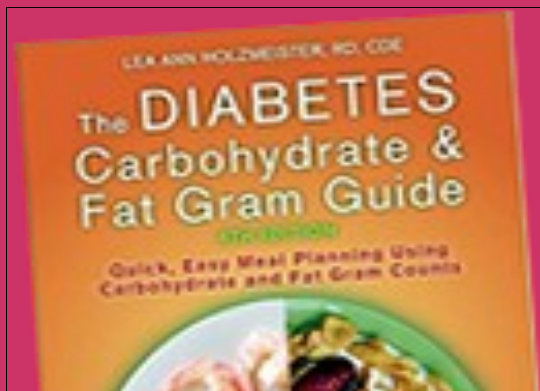




**Smart Steps**

## **“Healthy Cooking with Diabetes”**

***Please join us for a hands on Cooking Class taught by Registered Dietitian, Jennifer Smith.***



***Learn quick & easy recipes.  
Class Size is limited. Reserve your  
place today.***

kperrien@rutherfordcountyttn.gov 898-7715

**September 13th  
5-6:30p**

**Rutherford County  
Health Department**

