

Low- Glycemic Plant-Based Cooking for Diabetes Friendly Meals



Learn ways to lower the glycemic index of your meals and to become more carbohydrate conscious by bringing in healthy complex carbohydrates and lowering simple carbohydrate intake.

Friday
February 21 • 11am
Multi-purpose Room



**Valencia Park/ Malcolm X
Branch Library**

5148 Market St • San Diego, CA 92114
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