



Sponsored by:

**Purdue University Extension Service -  
and the Putnam County Hospital**

**Classes taught by : Ext. Educator, Jackie  
Baumann and Sharon Black, RD**

## Cooking Class Series

Thursdays

October 1, 8, 15 and 29

3:00—5:00 p.m.

### Location

3rd Floor Putnam—County Hospital  
1542 S. Bloomington St., Greencastle,

Do you or someone you live with have Diabetes? Are you looking for recipes and ideas that taste good and fit into your diabetic diet? Each class will include information on diabetes, recipes and sample foods.

Limited Class Size — Enroll  
until Sept. 24, 2009 or when full

To sign up call:  
The Purdue Extension Service  
Putnam County Office  
765-653-8411

Learn to:

- Cook with Sweeteners
- Cook with Less Fat
- Cook Dishes with Fruits and Vegetables!

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### Enrollment Form

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Phone # \_\_\_\_\_  
Email \_\_\_\_\_

Please clip enrollment form and return to:  
Putnam County Extension Service  
209 W. Liberty Street Room 5  
Greencastle, IN 46135

\$20.00 Fee pd check # \_\_\_\_\_(Materials and samples)

\$30.00 Fee pd. Check # \_\_\_\_\_(for couple sharing book)

Purdue University is an equal opportunity/equal access university  
If you have special needs, please indicate on the registration form, or call us prior to the meeting at  
765-653-8411 or call: 888-EXT-INFO and ask for Putnam County office.