



## Arkansas Methodist Medical Center

*It's all about you.*

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**FOR IMMEDIATE RELEASE**

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### **AMMC TO OFFER HEALTHY, HOLIDAY COOKING DEMONSTRATION**

**PARAGOULD, AR** -- If you enjoy food and cooking, Arkansas Methodist Medical Center's (AMMC) Diabetes Care Clinic will be offering a healthy cooking demonstration "Healthy Alternatives to Holiday Indulgences" on Thursday, November 20 from 6-7:30 p.m. in the medical center's auditorium. The program is free to the public.

Pat Malone, RN and certified diabetic educator explained that this is one in a series of free programs offered to the public every other month by AMMC's diabetes education department. "The emphasis on this program is how to increase exercise and physical activity. Also, because of the positive response, we have chosen to continue the cooking demonstration as part of the program."

Attendees will be offered a small sampling of menu items which will include pumpkin pie and cranberry-orange relish. Recipes for all of the dishes will be available to take home.

Malone, who will be doing the cooking, noted that while the recipes are geared toward persons with diabetes, the demonstration is open to anyone interested in eating healthy. Space is limited, so persons interested in attending the event need to call (870) 239-7016 to register.

A recognized leader, Arkansas Methodist Medical Center provides progressive, compassionate care to residents throughout Northeast Arkansas and Southeast Missouri. Additional information about AMMC is available at: [www.arkansasmethodist.org](http://www.arkansasmethodist.org).