



Arkansas Methodist Medical Center

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Diabetes Education Pilot Project

AMMC TO OFFER HEALTHY COOKING DEMONSTATION

PARAGOULD, AR -- If you enjoy food and cooking, Arkansas Methodist Medical Center's (AMMC) Diabetes Care Clinic will be offering a healthy cooking demonstration "Cooking with Fresh Summer Vegetables" on Thursday, July 31 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 free to the public by AMMC's diabetes education department every other month. "This cooking demonstration is a pilot project. We hope to generate a lot of interest with people in the community. If it goes well, we will be looking to offer another cooking program during the holiday season."

Attendees will be offered a small sampling of the menu items which will include an appetizer, eggplant parmesan, a stir fry dish, squash casserole and a fruit surprise. 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 demonstration need to call (870) 239-7016 to register and reserve a space.

A recognized healthcare leader, Arkansas Methodist Medical Center in Paragould is a state-of-the-art nonprofit institution providing world-class medical services and compassionate care to residents throughout the Northeast Arkansas and Southeast Missouri region. Additional information about AMMC is available at: www.arkansasmethodist.org.