

**Twin Bridges**  
Nurse Practitioner-Led Clinic

Clinique dirigée par du personnel  
infirmier praticien **Twin Bridges**

## *Take Charge of Diabetes*

### *Cooking More High Fibre Recipes*

#### *“ Help Manage After Meal Blood Sugar Spikes”*

*Thursday April 17<sup>th</sup>, 2025  
1:30 – 4:00pm*

*Twin Bridges Nurse Practitioner-Led Clinic  
153 Christina Street South  
(Please use our Front Street Entrance)*

*Together we will prepare a few high fibre recipes to  
to help manage diabetes.*

*Class will include sharing of information, food  
preparation and tasting; recipes provided*

*Register at [www.twinbridgesnplc.com](http://www.twinbridgesnplc.com)*