

Join your Ankeny Prairie Trail Dietitians and Chefs for an evening of tasting diabetic friendly holiday appetizers!

NOVEMBER 9TH 6PM AT THE ANKENY PRAIRIE TRAIL HY-VEE TASTING ROOM

The Diabetes Dining Club welcomes anyone with diabetes, friends and family. Pre-registrationg by November 6th is required. Call, email or register on Hy-Vee.com at Ankney 2

Price is \$20 which includes six appetizers, recipes and dietitian/chef tips and tricks.

LEARN PRACTICAL TIPS FOR MAKING HEALTHY FOOD CHOICES DURING THE HOLIDAY SEASON!



ANKENY PRAIRIE TRAIL DIETITIANS
ANNE HYTREK, MSED, RD, LD, CDE & HAILEY BOUDREAU, RD, LD
AHYTREK@HY-VEE.COM HBOUDREAU@HY-VEE.COM
515-963-3139