

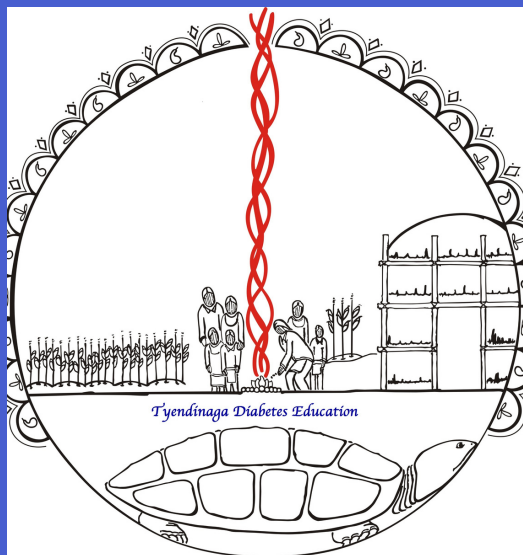
Diabetes Education Program

Annual Wood Ash Corn Lying Workshop

Learn about lying corn with wood ash and its nutritional benefits!

Lets make and enjoy corn soup togther!

THE GREATEST BENEFIT OF MAKING YOUR OWN LYED CORN IS YOUR SOUP WILL BE MORE DELICIOUS



MARK YOUR CALENDAR

**WHEN : THURS,
FEBRUARY 29, 2024**

TIME: 9-4

WHERE: Fire Hall



Cooking with ashes not only softens the food to make it edible, it adds flavour, increases nutrients, has lower calories AND is better for blood sugar levels!

To register please contact
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