



FOR IMMEDIATE RELEASE

**COOKING FOR YOUR LIFE CLASSES IDEAL FOR THOSE WHO WANT TO
LIVE A GOOD LIFE FOR A LONG TIME**

Popular, hands-on cooking and nutrition program starts Nov. 5 in Penticton

VANCOUVER, BC – Oct. 29, 2008 – The Canadian Diabetes Association demonstrates how you can maintain a taste for the good life and still live healthily -- thanks to Cooking For Your Life!

Starting Wednesday, Nov. 5, the Canadian Diabetes Association (CDA) is bringing back by popular demand its healthy cooking classes designed for people who have, or are at risk of, developing diabetes or simply want a fun, cost-effective way to cook easy, nutritious meals for themselves and their families.

Taught by a registered dietitian and a cooking instructor, Cooking For Your Life! is a hands-on, four-session cooking and nutrition program that helps participants discover healthy food choices, add more variety to what they eat, and increase their sense of well-being. Classes are held in a fun, informative atmosphere where individuals receive as much instruction as they need.

“Given the connection between diabetes and heart disease, it’s more important than ever to eat healthily. Cooking For Your Life! proves that you don’t have to sacrifice great flavour and practical convenience in order to create healthy, delicious meals for you and your family,” said Donna Van Wallegem, Canadian Diabetes Association spokesperson and one of the program’s original founders.

The classes help manage or decrease the risk of diabetes or heart disease by teaching you how to shop and read food labels, make healthy, informed food choices, include the right amount of fat and fibre in meals, create menu plans, modify recipes, and prepare appetizing dishes that will make you forget they’re also good for you!

The four-session Cooking For Your Life! course costs only \$75 and takes place Nov. 5, 12, 19 and 26, 2008, from 6:30 to 9:30 p.m., at Penticton High School. To register, call 250.762.9447 or email glenna.armstrong@diabetes.ca. Class size is limited so please register early.

Research shows that type 2 diabetes can be prevented and its related complications minimized through healthy eating and active living. Cooking For Your Life's focus is on healthy eating, a cornerstone of diabetes prevention and management.



About the Canadian Diabetes Association

The Canadian Diabetes Association works in communities across the country to promote the health of Canadians and eliminate diabetes through our strong nationwide network of volunteers, employees, healthcare professionals, researchers, partners and supporters. In the struggle against this global epidemic, our expertise is recognized around the world. The Canadian Diabetes Association: setting the world standard. To learn more, visit diabetes.ca or call 1-800-BANTING (226-8464).

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