

Cooking Matters

This program is supported by the Wellness Neighborhood and offered at no cost



6-Week Cooking Series

WHEN: Tuesdays, April 16 - May 21, 2019
2:00 pm - 4:00 pm

WHERE: Community House
265 Bear Street
Kings Beach, CA 96143

INSTRUCTORS: Lisa Fligor, MS, RD
Reyna Sanchez

CLASS INCLUDES:

- How to easily prepare and shop for delicious and nutritious foods on a budget
- Free recipes and meal plans that you can use at home
- How to stretch your ingredients and food dollars
- Hands-on food preparation and sampling



For those who participate in the series, the last class is a grocery store tour & everyone receives a \$10 gift certificate to use at Save Mart to practice the tips you have learned!

Class is offered in English and Spanish



For more information or to register,
please call (530) 587-3769
or email wellness@tfhd.com

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