



Nutrition for Life



We are thrilled to have Karen White, Registered Dietician come to our Kitchen for a Healthy Nutrition Demonstration. Karen loves to teach people about food and is really looking forward give us healthy nutrition information to carry on in our daily lives.

Sweet Potatoes & More!

May 17th—11:30am

Ever wonder what to do with Sweet Potatoes other than to bake? Have you ever had it in a soup with hummus? Or mashed with some interesting flavors? This class will focus on this great vegetable and will end with some sweet surprises!!

Hint: Black Bean Brownies!

Healthy Side Dishes

June 13th—11:30am

Get geared up for summer with dietitian, Karen White, and learn how to jazz up summer with some easy fresh and healthy Side Dishes!!! Class includes cooking demos/taste sampling and recipes!

**No Charge—sign up early
we have limited seating.**

(508) 229-4453

******Space is limited to 20 attendees for each session******

