

Healthy Cooking for One or Two

Sponsored by Healthy Wellesley

FREE to Participants

Join instructor Leslie Worris, MPH, RYT as she teaches how to prepare foods in an economical and nutritious way using ingredients that are readily available. Classes will be interactive and will include presentations, cooking demos and hands-on practice. Classes will be held at the Warren Recreation Building, 90 Washington Street, Wellesley.

To learn about
Healthy Wellesley visit:

www.wellesleyma.gov/health

Friday, March 26, 2010 12:30 - 2:30 PM

Friday, April 02, 2010 12:30 - 2:30 PM

Friday, April 16, 2010 12:30 - 2:30 PM

Friday, April 30, 2010 12:30 - 2:30 PM

Friday, May 7, 2010 12:30 - 2:30 PM

(no class on April 9th or 23rd)

To RSVP: Contact the Council on Aging 781-235-3961

*A healthy diet is
essential to feeling well
and enjoying life to the
fullest*

