

2nd & 4th Monday of the month

2:00 PM Elder's Center

Next Classes— June 8th & June 22nd



Healthy Cooking

Time to take your health and the health of your family seriously. Food is the first line of defense for disease prevention, weight control, and living a happy, healthy life.

Let's face it, it a lot easier to pick something up quick from your favorite fast food diner, but what are the long term effects of eating this food?



Come and learn tips and tricks for preparing quick and healthy meals without worrying about the time and HUGE cleanup involved.