

## **Healthy Cooking Classes**

Classes are specifically designed for persons who have had bariatric surgery but are open to everyone.

Each class costs \$35 and will include fun education, fool-proof recipes, and feature natural and organic ingredients.

Students will create several recipes to sample and take home at each class.

Class sessions will be held on Tuesdays from 6-8 pm at MSHS in Room 126. Pre-registration (225-6955) is required.

### **Class dates/topics:**

January 22<sup>nd</sup> Quick and Unique Breakfast Options to “Break the Fast”

February 12 Healthy Delicious Treats for the Sweet Tooth

March 11: Easy Fast Health Conscious Foods for Eating on the Run

April 8: Think “Outside the Box” when it comes to protein with tasty recipes

For more information or questions call Kim Hantz, RD at 225-6955 or email: [Kshantz@mgh.org](mailto:Kshantz@mgh.org)