



HEALTHY COOKING DEMONSTRATIONS

12-Week Cooking Course

Eating healthy can be EASY and FUN!

Nutrition plays a vital role in living well and preventing disease. Join Lesha Jett in learning tips and tricks for healthy eating.

Each session will teach you how to cook a NEW healthy meal!

SESSION DATES

April 25th - July 25th

Every Thursday, 12:00 - 1:00 PM

(No class on July 4)

Register by visiting the front desk or online at grantspassymca.org

COST: \$200 per participant

**Drop in for a single class for just \$20
(must sign up 24 hours in advance)**

