

# Healthy Habits -> Healthier Life

## FREE - 6 Week Cooking & Educational Course



*Learn how to prepare delicious, affordable and healthy meals.*

**TWO DIFFERENT CLASS OPTIONS TO CHOOSE FROM**

**LUNCH HOUR CLASS OPTION:**

**July 16, 2019 – August 20, 2019**

**11:30am – 1:30pm every Tuesday**

**EVENING CLASS OPTION:**

**August 5, 2019 – September 16, 2019**

**5:00pm – 7:00pm every Monday**

*(No class September 2<sup>nd</sup>)*

**Location: 2333 N 6<sup>th</sup> St. Grand Junction, CO 81502 \*Please check in at front desk\***

COOKING MATTERS is a cooking-based nutrition education program that will teach you how to prepare healthy meals on a limited budget.

- \*Most weeks you will leave with a bag of groceries and recipes to prepare healthy meals.
- \*Learn to cook quick, delicious meals and snacks for you and your family!
- \*Learn cooking skills– gain confidence in the kitchen.
- \*Learn how to use a variety of ingredients to create a healthy meal from scratch.
- \*Experience hands on food preparation.

***For more information or to sign up. . .***

***-Contact MarillacHealth (970)-298-1782***

***-Talk to your Provider***

***-Visit the Front Desk***

***or***

***Contact your Health Coach***

*\*Attendance at all 6 sessions is strongly encouraged, as all classes build upon each one*

*\*\*Participants must attend at least four of the six classes to graduate.*