



A cooking class to last you a lifetime

**6 Weeks**

2 Hours



**Groceries**

6 Free Bags



**Nutrition**

6 Recipes

6 Lessons



Our class meets once a week for 6 weeks. The first hour is a comprehensive nutrition lesson. The second hour is devoted to preparing and sharing a healthy meal with the rest of the participants. You'll leave the class with a bag of groceries to remake the dish we prepared together.

**March 28th - May 2nd**

**Call Ashley DiPaola at 719-845-4877**



A 501(c)(3) nonprofit owned by the community and reports to a local Board of Managers.