

# Community Health and Wellness

Presents:

## Cooking Demo , Tasting and Nutrition



Join registered dietitian Elizabeth Caruthers for a Free cooking demonstration, recipe tasting, and nutrition talk. You will learn how to use food to manage and/or prevent chronic diseases such as diabetes, obesity, hypertension and heart disease.

She will share her delicious recipes and offer you all the nutritional education you need. The class is free , yet

registration is recommended. This is a great class if you cook for one or ten! Join us !!

eat healthy  
live healthy  
be healthy

**Wednesday , Jun 5  
12 to 1 pm**

**Call 860.379.3980 to register or sign up at  
the Senior Center.**

**Wednesday June 5 12:00 to 1:00 pm**

**This is a FREE Workshop. Please sign up by June 3, 2019**