



# Cooking for One

## DATE & TIME:

Fridays, October 1st  
through November 5th  
1:00-3:00

## LOCATION:

MSU Extension  
Kitchen  
1715 Lansing Ave.  
Jackson, MI 49202

## TO REGISTER:

Call Laurie Mead  
517-768-8691

Or e-mail

[LMead@mijackson.org](mailto:LMead@mijackson.org)



Cooking for one can be fun and rewarding! Over the course of six, 2-hour lessons, you will:

- Learn ways to make cooking for one simple and enjoyable
- Learn helpful tips and tricks to making healthy choices, like eating well and being active
- Participate in cooking and tasting recipes!
- Learn simple, safe physical activities to do at home

**Wear comfortable clothing and shoes!**

**\*\* COVID-19 UPDATE (8/4/21): All participants, regardless of vaccination status, are required to wear a mask while indoors. Please do not attend any programs or events if you feel ill. \*\***

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