



Cooking for One

DATE & TIME:

Tuesdays,
October 5th
through
November 9th
1:30-2:30 pm

LOCATION:

Park Forest
Community Room

TO REGISTER:

Sign up on the sheet
provided!

Questions?

Call Laurie Mead
517-768-8691



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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