



## Healthy Eating Education & Cooking Class A Plant- Based Approach Lifestyle

The healthy eating and cooking education program is a 4-week series lasting approximately 1.5 hours (depending on the meal).

Components include an interactive health educational lecture on the fundamental of nutrition and up to date medical information on chronic diseases. The lecture facilitators include a group of multidisciplinary professionals who are board certified.

Additionally, participants will be taught by a culinary chef on cooking and seasoning techniques as well as safety in the kitchen. Also, the chef will be demonstrating how you can prepare delicious healthy Plant-Based meal for a family of four.

Requirements to participate are listed below

- 1) Available to attend **ALL four consecutive classes**
- 2) Desire and commitment for sustainable healthy lifestyle changes
- 3) Desire to change dietary habits such as cooking plant-based diet instead of saturated animal fat.
- 4) Willing to cook more at home instead of eating out at fast food restaurants.
- 5) Time and willingness to invest time to plan meals, shop, read labels
- 6) Desire to improve underlying health conditions.

If **yes** to all please register for one clinical session, once registered we will confirm your reservations within 24-48 hours and obtain few confirmation questions.

Classes are held Mondays 5:30 pm and Wednesday 1:00 pm

