



Join us for a cooking and nutrition class using fresh produce and learn how simple, nutritious, and affordable ingredients can create healthy meals for your family!

# COOKING SMART

with

**Michelle Harris, MS, RD**

In this fun and interactive class, participants will learn:

- ★ “Hands-on” activities on how to provide healthy meals for you and your family
- ★ Kitchen safe strategies for you and your family
- ★ How to set realistic health goals to support families in making healthy changes

**WEDNESDAY, FEBRUARY 27<sup>TH</sup>**  
**5:15 – 7:15PM**

at the  
**Dunsmuir Community Resource Center, 5844 Dunsmuir Avenue, Dunsmuir**

**Dinner and child care are provided! To register, please call 235-4400.**



About our Facilitator:

Michelle Harris has been a registered dietitian and nutrition educator for over 15 years. Her passions include engaging people of all ages to make nutrition and their health a priority.

