



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

THURSDAY, MARCH 21ST
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.

