



Rapids

Family Health Team

# 2019 FREE Cooking Classes

Classes are held at 1150 Pontiac Dr., Sarnia or at St. Andrew's Presbyterian Church in Corunna.

**You must pre-register by calling 519-339-8949**

May



## Dining with Diabetes

**Tue. May 14, 1:30 PM & Wed. May 15, 9:30 AM**

This class is geared for anyone looking to prevent or manage their diabetes or support a loved one diagnosed with diabetes. We'll explore some delicious recipes to help manage your blood sugar.

June



## Cooking for your Bones

**Wed. June 12 1:30 PM & Thurs. June 13, 9:30 AM  
Thurs. June 20, 9:30 AM (Corunna)**

This class is all about cooking delicious and nutrient-packed recipes to promote strong healthy bones to decrease the risk and progression of developing osteoporosis.

July



## Summer Salads

**Wed. July 3, 1:30 PM & Thurs. July 4, 9:30 AM**

Stuck in the garden salad blues? Join us and get some inspiration to add some flavor punch to your plate using local seasonal ingredients.

August



## Spice makes Everything Nice

**Tues. Aug. 6, 9:30 AM & Wed. Aug. 7, 1:30 PM**

Welcome to the beginners guide to the art of seasoning. If your idea of kicking up a dish is using salt and pepper—you're in for a big flavor punch surprise!

September



### Meatless Mondays

Tues. Sept. 17, 9:30 AM & Wed. Sept. 18, 1:30 PM  
Tues. Sept 17, 9:30 AM (Corunna)

The benefits of adopting a plant-based diet are endless. Not only will you help reduce your ecological footprint and “beef” up your wallet, but it’s also associated with a decreased risk of heart disease, diabetes and may help to maintain a healthy body weight.

October



### Meals for One

Tues. Oct. 22, 9:30 AM & Wed. Oct. 23, 1:30 PM  
Thurs. Oct. 24, 9:30 AM

In the kitchen, one can be the loneliest number. In this class we’ll be whipping up some quick, simple but nevertheless delicious meals for one.

November



### Dining with Diabetes

Tues. Nov. 19, 1:30 PM & Thurs. Nov. 21, 9:30 AM

This class is geared for anyone looking to prevent or manage their diabetes or support a loved one diagnosed with diabetes. We’ll explore some delicious recipes to help manage your blood sugars and live well with diabetes.

December



### Healthy Holiday Baking

Wed. Dec. 4, 1:30 PM & Thurs. Dec. 5, 9:30 AM  
Thurs. Dec 12, 9:30 AM (Corunna)

Yes!! You can have your cake and eat it too. The better-for-you baked treats will become part of your holiday traditions.

**All Sarnia Classes are held at 1150 Pontiac Dr., Sarnia**

**All Corunna Classes are held at St, Andrew’s Presbyterian Church, 437 Colborne Dr., Corunna**

**You Must Pre-register by calling [519-339-8949](tel:519-339-8949)**