



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

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.