

2019 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

January



Solutions For Your New Year's Resolutions

Wed. Jan. 9 1:30 PM & Thurs. Jan. 10, 9:30 AM

Struggling with New Years resolutions? Learn to make realistic, measurable and specific goals around healthy eating to help achieve and maintain a healthy body.

February



Love Your Heart—Eat Smart!

Wed. Feb. 13, 1:30 PM & Thurs. Feb. 14, 9:30 AM

Tues. Feb. 19, 9:30 AM (Corunna)

In support of national Heart Month, this class fosters an emphasis on nutrition advice to reduce your risk of developing heart disease and stroke.

March



Eating Well For Cancer Prevention

Mon. Mar. 4, 1:30 PM; Tues. Mar.5, 9:30 AM

Tues. Mar. 26, 9:30AM (Corunna)

Cancer and diet: what's the connection? Join us as we dive into the latest research on cancer and diet. We will be learning how to prepare recipes loaded with antioxidants and phytochemicals to benefit your health.

April



Eating Comfortably with IBS

Tues. April 16 9:30 AM; Wed. April 17 1:30 PM

IBS is pain and bloating in your stomach followed by diarrhea/constipation. Suffering from Irritable Bowel Syndrome (IBS)? Then this is the class for you! Nutrition interventions have been proven to help manage symptoms. Join us as we cook up IBS friendly recipes!