

2018 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
or see reception**

February



Love Your Heart—Eat Smart!

**Tues. Feb. 6, 9:30 AM & Wed. Feb. 7, 1:30 PM
Thurs. Feb. 15, 1:00 PM (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



Budget Bites

**Mon. Mar. 12, 5:30 PM; Tues. Mar. 13, 1:30 PM
Tues. Mar. 20, 9:30AM (Corunna)**

March is Nutrition Month! This month we will be tackling a common challenge of healthy eating by cooking up some budget friendly dishes.

April



Eating Comfortably with IBS

Wed. April 25 9:30 AM; Thurs. April 26 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!

May



Dining with Diabetes

Mon. May 14, 1:30 PM & Tues. 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 13 1:30 PM & Thurs.. June 14 , 9:30 AM
Wed. June 20 10:00 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

Mon. July 9, 1:30 PM & Tues. July 10, 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

**Mon. Aug. 13, 1:30 PM & Tues. Aug. 14, 9:30 AM
Thurs. Aug 2 10 :00AM (Corunna)**

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

**Wed. Sept. 18, 1:30 PM, Thurs. Sept. 20, 9:30 AM
Wed. Sept 26 10am (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. 16, 1:30 PM & Wed. Oct. 17, 9:30 AM
Wed. Oct 24 10:00 AM (Corunna)

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. 6, 9:30 AM Wed. Nov. 7, 1:30 PM
Wed. Nov 21 10:00 AM (Corunna)

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

Tues. Dec. 4, 1:30 PM & Wed. Dec. 5, 9:30 AM
Wed. Dec 12 10:00 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)

Rapids Family Health team is a not-for-profit organization and is supported by the Ministry of Health and Long Term care. Monetary donations are eligible for Revenue Canada Tax Receipts.



Rapids

Family Health Team