

COOKING MATTERS "EASY EATS" IN-PERSON CLASSES

Support your health with nutrition knowledge!

In this six-week series, you will develop cooking confidence and learn how to plan and prepare healthy meals, shop for nutritional foods and find ways to save money on your grocery bill.

- Learn how to eat balanced meals
- Step-by-step meal plans
- Healthy packaged food ideas
- Breakfast, lunch and dinner recipes
- Receive a free gift for attending classes
- All classes are free and open to the public



2024 Schedule

- Mondays, May 6, 13, 20, 27, June 3, 10 from 12:00 p.m. to 2:00 p.m.
- Classes are taught in-person at Presbyterian Santa Fe Medical Center, 4801 Beckner Road, Santa Fe, NM 87507, in the Teaching Kitchen
- Teacher: Laura McCann, Registered Dietitian

Sign up at prescommhealthclasses.com or by scanning the QR code.

Questions? Call the Community Health Worker at (505) 389-8002.