



Healthy Cooking and in a low cost

Nutrition Classes

Join an eight-week course that meets once a week for two hours. You'll learn about important nutrition basics, food safety and prepare a meal in a friendly and relaxed setting for FREE!

Participants Receive:

- Vital nutrition and health information
- Helpful hints and money-saving tips to use at the grocery store
- Hands-on cooking instruction
- **A BAG OF GROCERIES AT NO COST**

WHERE :

Metro Lutheran Ministries

722 Reynolds
Kansas City, KS 66101

WHEN:

Thursday: September 30, October 7, 14, 21, 28 and November 4, 11 and 18

WHAT TIME:

10:00 AM—12:00 PM

- ***FREE CHILDCARE IS PROVIDED!!*** *Please call in advance to reserve*

For more
Information
Please call at:
816-801-0516 ó
913-742-4255



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