



# Our HEALing Kitchen

**WHERE:** Hopewell Pointe Kitchen

**DAYS:** Second Friday of Every Month (8 total)

**TIMES:** 5:30pm-7:30pm

**WHO'S INVITED:** All Residents

**Register:** Prior to September 7, 2016 at the Hopewell Point Office

## WHAT IS IT ALL ABOUT?

Our HEALing Kitchen is a course of eight FREE cooking sessions where you'll learn about nutrition and how to make tasty, healthy dishes, while gaining support from other participants and friends. Have fun!



Healthy Eating Active Living

Sponsored by Parkview Health and  
St. Joseph Community Health Foundation

## WHY?

Take your cooking skills and your health to the next level

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Earn coupons for fresh veggies & fruit

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Learn to freeze produce & make killer smoothies

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Meet new people

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Turn old comfort foods into modern, healthy dishes

## WHY NOT?