



Our HEALing Kitchen

WHERE: Hopewell Pointe Kitchen

DAYS: October 14 & 28, November 11,
December 9, January 13

TIMES: 5:30pm-7:30pm

WHO'S INVITED: All Residents

Register: Contact the Hopewell Point Office at 260-449-9858
or hopewellpointe@newgenmgnt.com

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

Earn coupons for fresh veggies & fruit

Learn to freeze produce & make killer smoothies

Meet new people

Turn old comfort foods into modern, healthy dishes

WHY NOT?