



OUR HEALING KITCHEN

This fun cooking course will equip you with skills to include tasty fruits and vegetables into your daily diet. You will also learn other healthy eating and living fundamentals. The goal is to decrease chronic diseases and put our families, neighbors, and church friends on the road to vibrant health. Become part of the Healthy Eating Active Living (HEAL) revolution happening in our community!

WHY TAKE THIS COURSE?

- Learn to cook healthy food that tastes good
- Develop friendships at the shared table
- Take home new recipes
- The journey to better health begins with you!

These classes are free and open to the public!

Life Adult Day Academy

7515 Westfield Dr., Fort Wayne, IN 46825

Six Sessions: Every Tuesday 11am – 1pm

June 21 – July 26

Maximum 8 participants per session

All participants will receive a **ticket** for a **free drawing** each session they attend. **First come first served!**



We will draw **THREE winners** after the final session for either a **knife set** or **air fryer**
Please RSVP at: (Or scan the QR Code)
<https://www.eventbrite.com/e/brightpoint-healing-kitchen-life-adult-day-academy-tickets-365676015807>

IN PARTNERSHIP WITH:

