



# Learn to cook healthy meals with Healthy Cooking with Jillian

Educational Event provided by Chefs for Seniors



Learn how and what to  
buy to cook an easy  
healthy meal

Join me starting  
10/8/2020 every  
Thursday at 4:00 pm for  
live cooking  
presentations

Let's get excited about  
cooking and have fun at  
the same time

As we face new challenges every day and spend more time in our home, it is so important to learn how to stay healthy with our cooking. A little self-care goes a long way. Prior to class, please download Zoom (Zoom.us)



ZOOM MEETING ID  
845 571 3569  
PASSCODE  
Wellcare

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