

Cooking Class of the Month

Healthy Seasonal Soups

Sponsored by: Regal/Lakeside Medical

Thursday, October 17th, 2019

10:00-11:00 AM in the Art Room



Did you know that adding healthy soups to your diet can help to promote and maintain a healthier weight? In this class, you will learn the many health benefits of soups and how to make them for yourself, family and friends.

ONEgeneration Senior Enrichment Center

18255 Victory Blvd. Reseda, CA 91335

