

Free virtual cooking demos

Take a virtual cooking class from the comfort of home!

Join us for free virtual healthy cooking demos.

Learn tips to cook nutritious dishes without sacrificing delicious flavor. In this series of cooking demos, your instructor will show you how to prepare a new healthy recipe to bring tasty, vibrant, and affordable food ideas to your table. Don't miss out on an hour of fun, practical information, and mouth-watering meals.

This series will be held using WebEx, a video conferencing platform similar to Zoom.

Class Schedule

Thursdays, 1:00 p.m. – 2:00 p.m.

October 8, 2020

October 22, 2020

November 5, 2020

November 19, 2020

December 3, 2020

December 17, 2020

To register, please email Maggie Yang at myang@RegalMed.com



Maggie Yang
Culinary instructor



Rachel Grace
Culinary instructor

Or, scan this QR code using your smart device.



We are not dietitians or nutritionists, and the recipes being shared are for demonstrational purposes, not meant to provide medical advice or guidance. Southern California residents only.

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