

## Banner Health Upcoming Events – Cooking Classes

Come and learn a variety of fun and healthy cooking options. These courses are taught by a registered dietitian and are a great way to modify your cooking habits and learn about heart healthy cooking. Recipes and samples are included! All classes are held at North Colorado Medical Center in the Cardiac Rehab Kitchen. Or McKee Education Building, Loveland. Please call 970-810-6633 to register.

- Cost: \$10 per class unless otherwise noted
- Time: 6pm to 7:30pm unless otherwise noted
- Location: Cardiac Rehab Kitchen unless otherwise noted or
- Stepping Stones in Loveland

### NCMC - Tuesday, March 10th: “Sheet Pan Suppers”

Let’s try some new, flavorful, one pan meals with easy clean up.

Taught by Mary Branom, R.D.

### NCMC - Tuesday, April 28th: “Gluten Free Breads & Muffins”

We’ll try some recipes that may become new favorites.

Taught by Mary Branom, R.D. and guest Monica Hupalo, RN