



COOKING +

This 4-week class will cover cooking skills, nutrition education, and food safety. Participants will prepare new recipes each week, learn to make healthier choices, and receive groceries and cooking incentives for attending all four classes.

**Class size is limited!
Registration is required**

Location:

First Baptist Church
303 3rd Street
Waverly, OH 45690

Dates and Time:

Four Thursdays in March:
March 2, 9, 16, and 23rd
10:00am-12:00 pm

Cost:

Free and open to anyone
who is a patient at any **Adena**
Health System location.

Contact Tammy Jones at 740-289-4837 or jones.5640@osu.edu to register.