



Oakland Community College
in Partnership with Henry Ford Health

Fiber: A Culinary Journey

Are you ready to embark on a flavorful adventure that celebrates the unsung hero of nutrition? Join our Fiber Feast cooking class, where we dive deep into the world of dietary fiber and its incredible health benefits. Explore a vibrant array of fiber-packed foods such as whole grains, colorful vegetables, legumes, fruits, nuts and seeds. Learn cooking techniques for maximum fiber retention and how fiber nourishes your gut microbiota, supports digestion and boosts immunity.

Registration Code: CULN-1098-T0201

Date: Thursday, October 17, 2024
Time: 6 pm - 7:30 pm
Fee: \$50

Location for Classes
6777 West Maple Road
West Bloomfield, MI 48322
First Floor Demonstration
Kitchen - Follow the Signs

 **REGISTER TODAY**

Visit
oaklandcc.edu/ce/culinary
Or call
248.232.4167/248.232.4150

Discover the Power of Protein

Protein is essential for building and repairing tissues, supporting immune function, and maintaining healthy skin, hair, and nails. By focusing on protein quality, we can optimize our overall well-being and enjoy meals that are not only satisfying but also nourishing. In this engaging cooking demonstration, we'll explore the importance of protein quality in our diets. Whether you're a seasoned chef or a beginner in the kitchen, understanding the different types of protein and how they contribute to overall health is essential.

Registration Code: CULN-1099-T0201

Date: Thursday, November 7, 2024
Time: 6 pm - 7:30 pm
Fee: \$50

