



DNEM REC-IT presents

Virtual Healthy Cooking Class

Join us for a 4-week virtual cooking and nutrition class for adults. Learn tips for making healthy food choices while preparing a meal together. A Zoom link for the class and a grocery list will be sent out prior to the class so you can cook as you follow along with the class in your own home.

January 10, 17, 24, & 31, 2023 (Tuesdays)
11:00 am – 12:00 pm

Register One of 3 Ways:

1. Online: <https://tinyurl.com/DNEMmeals>
2. Use this QR code:



3. Contact Carrie at 586-268-4160 or REC-IT@DNEMichigan.org.

Virtual Cooking Class



Serving Huron, Lapeer, Macomb, Oakland, Sanilac, St. Clair and Tuscola Counties

www.DNEMichigan.org



Oakland/Macomb

1709 John R Road
Troy, MI 48083
(586) 268-4160

Thumb Region

4351 24th Ave., Suite 1
Fort Gratiot, MI 48059
(810) 987-9337

Offices by Appointment

Lapeer, MI
Sandusky, MI
(810) 987-9337