



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)**

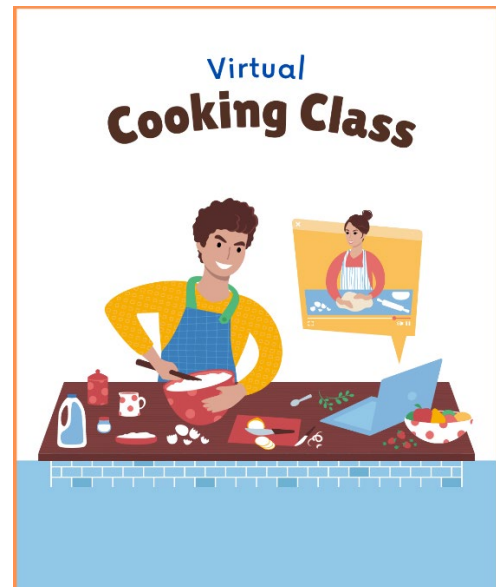
**11:00 am – 12:00 pm**

## 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](mailto:REC-IT@DNEMichigan.org).



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

**[www.DNEMichigan.org](http://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