

Simple Cooking with Heart.



Healthy cooking can be simple and fun.

It's spring time and a great time to learn some new tasty, heart healthy recipes that are simple and easy. Recipes for this class will include a tasty chicken and green bean salad as well as some other healthy side dishes. As Chef Sequoia Ross cooks, she will also educate and allow you to taste her wonderful creations.

Date: Friday, March 16
Time: Noon – 12:45 p.m.
Location: City Hall, 900 East Broad Street, 9th floor

Space is limited for this FREE class.

To reserve your spot, please contact Denise Heer at 646-0007 or denise.heer@richmondgov.com.

Reservation deadline is Friday, March 9. This is a firm deadline because the instructor needs to shop and prepare before the class.

