

Kidney Health Cooking Class

The Kidney Clinic is inviting any person with kidney disease and one adult guest to an engaging cooking class.

We will teach basic kitchen skills, the benefits of nutritious eating in kidney disease, and meal preparation using plant-forward recipes. Chef Barbara will facilitate the class with a dietitian and/or a kidney doctor.

The class is FREE and includes dinner.
Remember to bring take-home containers for leftovers!

There are limited seats available, so please do not wait.
Several classes are being offered.
Choose one of the dates below and sign up today!

Cooking Class Open for Enrollment

Basic Kitchen Skills and Recipe Development for Kidney Disease

at the Phipps Botany Hall Kitchen

April 2nd or June 24th 2026

6-8 PM

Guest Educator



Chef Barbara

Chef Barbara is a certified Chef and owner of Barb's Bars. Barbara has worked as a demo and cooking class chef. She collaborates with the Kidney Clinic to host various cooking classes that focus on managing kidney disease with food.

To sign-up or receive more information, please contact Linda-Marie Lavenburg by email lavenburglu@upmc.edu or submit your contact information by scanning the QR code.

