Healthy Cooking with HealthWorks! and Cincinnati State

Learn delicious, healthy cooking techniques with HealthWorks! dieticians and Cincinnati's top chefs at the Midwest Culinary Institute.

What: HealthWorks! is partnering with the expert chefs at the Midwest Culinary Institute at Cincinnati State. Families will learn to prepare a healthy meal and enjoy eating it at the end of class!

Who: HealthWorks! patients ages 9 and older + one parent/guardian** Class size is limited to 12 families

When: The second Saturday of the month, beginning February 9, 2013 9:30 am – 12:30 pm

Where: Cincinnati State Main Campus – ATLC Building – Room 004 3520 Central Parkway, Cincinnati, OH 45223

Cost per Class: \$15 per adult/child pair (HealthWorks! patient (age 9 and older) and their parent/guardian

How to Participate: Due to limited class size, participants will be selected by a lottery drawing. Please call HealthWorks! at 513-636-4305 to enter. Drawings will be held two weeks in advance, and winning families will be notified by phone. Payment must be received by the week prior to class.

What to Wear: The Midwest Culinary Institute requires that participants observe the following guidelines regarding attire:

- Top = Long Sleeve Shirt
- Bottom = Casual slacks NO SHORTS
- Shoes (non-slip) and socks. NO SANDALS, FLIP-FLOPS, OPEN-TOED SHOES OR HIGH HEELS
- Please keep jewelry to a minimum
- Hair that is shoulder-length must be pulled back from the face and secured

Getting There: • Parking is FREE in the Central Parkway Garage • Proceed to garage level 5 • Walk across the driveway into the ATLC building • Take the first flight of steps • 004 is on the left

