

JULY 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 COOKING WITH HEALTHWORKS! 5:00PM-6:00PM	3	4	5	6
7	8	9	10	11 SUPPORT GROUP 5:00PM-6:00PM	12	13 Cooking Class @ Cincinnati State 9:15 AM-12:30PM
14	15	16	17 COOKING WITH HEALTHWORKS! 5:00PM-6:00PM	18	19	20
21	22	23 COOKING WITH HEALTHWORKS! 5:00PM-6:00PM	24	25	26	27
28	29	30	31			

GROUP SESSIONS (Open & FREE to HealthWorks! Families Only)

Cooking with HealthWorks!

Classes are designed for youth and parents to discover delicious ideas for healthy cooking. Quick meals, "recipe rehab", and eating away from home are a few of the topic we cover. Call for specific class topics

***Cooking class size limited to 8 families. Call 513-636-4305 to register.**

FAMILY SUPPORT GROUP

Families come together to talk about the ins and outs of creating a healthy lifestyle.

GROUP SESSION LOCATION (See map on back)

**The Herald Building - 1st Floor Community Conference Room
3440 Burnet Avenue, Cincinnati, OH 45229**

COOKING CLASS at CINCINNATI STATE

Midwest Culinary Institute Cooking Class: Learn tasty and healthy recipes while cooking with expert chefs. Enjoy what you cooked after the lesson! Takes place at Cincinnati State. Class limited to 12 families.

- Cost per class: \$15 per adult/child pair. HealthWorks! patient must be at least 9 years old.
- Call HealthWorks! at **513-636-4305** to enter a monthly drawing for selection of families to attend class.

MORE REASONS TO JOIN HEALTHWORKS!

Track your progress

Patients and family members can check their weight either directly before or after each class.

Rewards Program!!

Receive a \$10 Target Gift Card for every 4 Group Sessions you attend.

- Mix and match group sessions
- Gift cards can be earned more than once
- Only 1 group session a week can be counted towards total