

November 2013

December 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Cooking with HealthWorks! 5:30-6:30pm	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20 Cooking with HealthWorks! 5:00-6:00pm	21	22	23
24	25	26 Cooking with HealthWorks! 5:00-6:00pm	27	28	29	30

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Cooking with HealthWorks! 5:30-6:30pm	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18 Cooking with HealthWorks! 5:00-6:00pm	19	20	21
22	23	24	25	26	27	28
29	30	31				

GROUP SESSIONS: (Open and FREE to all HEALTHWORKS! FAMILIES)

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 topics we cover.

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

CLASS LOCATION (See map on back)

The Herald Building - 1st Floor Community Conference Room

3440 Burnet Avenue, Cincinnati, OH 45229

Class Dates/Times:

(Note that some of the classes are at different times)

November 4: 5:30-6:30pm

December 2: 5:30-6:30pm

November 20: 5:00-6:00pm

December 18: 5:00-6:00pm

November 26: 5:00-6:00pm

ADDED FEATURES!

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 after attending 4 group sessions

- Only 1 group session a week can be counted towards the total

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 campus. Class size is limited to 12 families.

- Cost per class: \$15 per adult/child pair HealthWorks! patient (age 9 and older) and their parent/guardian. Payment must be received by the week prior to class.
- Call HealthWorks! at **513-636-4305** to register