



## **CHeF Life: Cook for Health**

### **Online Class: *Special Employee Event!***

**Summertime Classics:** Who's ready for summertime BBQ's and Potlucks? We will be cooking plant strong dishes that will wow any crowd this summer!

**This class is part of a series of virtual cooking classes that will be held monthly & open to all members beginning in July.**

- **Physician led plant-based virtual cooking classes**
- **Classes cover:**
  - **Health benefits of plant-based eating for health conditions**
  - **Nutrition teaching and tips**
  - **Practical, time-saving cooking tips**
  - **How to make plant-based cooking tasty, affordable, and easy**
  - **Family-friendly recipes**
- **Interactive and engaging class**
- **Cook along with us in your own kitchen and have a delicious meal ready to go at the end of class!**

#### **Employee Online Class Date:**

Monday, June 10<sup>th</sup>  
5:30-7:00 PM

Online through Zoom

Use Link below to register and receive the recipes and shopping list to cook along from home:



For more information:  
916-478- 5146