



CHeF Life: Cook for Health Online Class

This class is part of a series of virtual cooking classes that will be held on the second Monday of each month and is available to all Kaiser Members.

- **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!**

Virtual Class Date:

Second Monday of
each month
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:



We encourage you to share with anyone who is a Kaiser Member and would like to join us.

For more information:
916-478- 5146