



# Healthy Cooking Classes



## Hands-on healthy cooking

Learn healthy cooking skills to transform nutrient-rich foods into a delicious, nourishing meal. This is a basic class for those with limited cooking experience.

**Wednesday, November 4, 11am – 1pm (hands-on)**



## Gluten-free baking for beginners

Need to eat a gluten-free diet? Learn how to bake with gluten-free flours and lentils. Participants will leave with strategies for adding nutrients to their baking.

**Tuesday, November 17, 5:30 – 8pm (hands-on)**

**Register Now!** [www.NutritionAndCulinarySolutions.ca](http://www.NutritionAndCulinarySolutions.ca)

## Nutrient-rich entertaining for the holidays (gluten free)

Prepare and taste nutrient-rich foods fit for entertaining. Discuss strategies for healthful holiday entertaining that is also gluten-free.

**Monday, November 30, 5:30 – 7pm (demonstration)**

Location for all classes:  
Wellness Kitchen  
(in the Wellness Centre, Main floor)  
South Health Campus,  
4448 Front Street SE, Calgary, AB



Questions? Contact Kristyn Hall at 403.874.1715 or [khall@NutritionAndCulinarySolutions.ca](mailto:khall@NutritionAndCulinarySolutions.ca)