

# Cooking Matters for Adults

**Free** cooking and nutrition classes featuring...

*Healthy cooking on a budget*

*Smart shopping ideas*

*Culinary secrets*

*Free cookbook*

*Free groceries*



**When:**

**Mondays**

**Mar. 4<sup>st</sup> – Apr. 8<sup>th</sup>, 2018**

**1:30 p.m. – 3:30 p.m.**

*Participants should plan to attend all 6 classes*

**Where:**

Maplewood Community Center

31735 Maplewood Street

Garden City, MI 48135

**Registration is required!**

**Contact:**

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