

DNEM's RecConnect Program Presents:

Wellness Kitchen: Healthy Cooking Class

Sponsored by Molina Healthcare

- Choose from one of three class options.
- Learn tips for making healthy food choices while we make a meal together. Adaptive equipment will be demonstrated and provided.
- Virtual participants will receive recipes, a grocery list, and a Zoom link before class each week so you can cook along with us at home.
- Participants will also receive a \$50 Kroger gift card for completing all four classes.



In-Person Thursdays

June 6, 13, 20, 27
1:30pm – 3:00pm
DNEM Troy Office

Virtual Thursdays

June 6, 13, 20, 27
4:00pm – 5:00pm
Presented on Zoom

Virtual Mondays

July 8, 15, 22, 29
4:00pm – 5:00pm
Presented on Zoom

Questions?

Email REC-IT@DNEMichigan.org

DNEM Troy is located at 1709 John R Road, Troy, MI 48083

Please contact DNEM with accommodation requests



Register 1 of 3 Ways:

1. Use this QR code:



2. Online: tinyurl.com/DNEMcooking

3. Call: 586-268-4160

Serving Huron, Lapeer, Macomb, Oakland, Sanilac, St. Clair and Tuscola Counties

www.DNEMichigan.org

