

Nutrition is for Everyone



Cooking Matters Classes

In Partnership with Nutrition is for Everyone AR

A free cooking class offered for People with Disabilities and their families. This class offers a cooking course on preparing healthy and fun recipes. Come learn new cooking techniques and healthy eating! Each participant also gets sent home with the ingredients for each meal we cook in class to re-create at home. The class will be for one hour for a total of six weeks with a graduation ceremony to end the course. Transportation can be provided if needed.

Contact Information to Sign Up:

Sarah Keathley MS, RD, CSP, LD

Phone: 501.350.6374.

Email: NutritionisforEveryoneAR@gmail.com

Facebook: Nutrition is for Everyone AR

LOCATION:

Pleasant Valley Church of Christ

10900 N Rodney Parham Rd

Little Rock, AR 72212

Dates:

CLASS WEEK #1: 01/23/2017 Monday 5:00pm-6:00pm

CLASS WEEK #2: 01/30/2017 Monday 5:00pm-6:00pm

CLASS WEEK #3: 02/06/2017 Monday 5:00pm-6:00pm

CLASS WEEK #4: 02/13/2017 Monday 5:00pm-6:00pm

CLASS WEEK #5: 02/20/2017 Monday 5:00pm-6:00pm

CLASS WEEK #6: 02/27/2017 Monday 5:00pm-6:00pm