

# Cooking Matters for Adults

**FREE** cooking and nutrition classes

- *Learn how to choose healthy foods!*
- *Make recipes in class with the group!*
- *Go to the grocery store and learn tips and tricks for saving money!*
- *Get free groceries and a free cookbook to practice your skills at home!*



**When:**

6/25/2019 - 7/30/2019

Tuesdays

5 p.m. – 7 p.m.

*Participants should plan to attend all 6 classes.*

**Where:**

Community Care Services  
1605 Fort St., Lincoln Park, MI

**Register by June 20th**

Email or call Jan at

[jheft@comcareserv.org](mailto:jheft@comcareserv.org)

313-389-7545

*Participants must be a CCS client.*

