



# Cooking Classes at Cabarrus Health Alliance

Expand your healthy cooking skills with the Cabarrus Health Alliance! Our Wellness Kitchen offers a variety of healthy cooking classes on different topics and for different cooking levels. Classes are open to all adults and children ages 5 years and older.

## Basic Cooking Classes

**These classes will provide an introduction to basic nutrition using the healthy eating plate.** Participants will learn skills to help them prepare and eat more fruits and vegetables as well as reduce the sugar and salt in their diets. The focus will be on recipes that take less than 30 minutes and cost less than \$10.

Basic Cooking Classes are \$10 per person. Payment must be received at least two days prior to class to confirm registration. Refunds will not be given unless notified two days in advance.

To register, visit [www.cabarrushealth.org/cookingclasses](http://www.cabarrushealth.org/cookingclasses) or call Donna Combs at 704-920-1301.

### January

Good News Burgers and Sides

**Tuesday, January 28  
11:00am - Noon**

**Thursday, January 30  
6:00 - 7:00pm**

### February

Pizza Perfection

**Tuesday, February 18  
11:00am - Noon**

**Thursday, February 20  
6:00-7:00pm**

### March

Soul Food for Your Heart

**Tuesday, March 10  
6:00-7:00pm**

**Thursday, March 12  
11:00am-Noon**

### April

Low Carb Pastas

**Thursday, April 9  
11:00am-Noon**

**Tuesday, April 14  
6:00-7:00pm**

### May

Tasty Tacos

**Tuesday, May 5  
11:00am-Noon**

**Thursday, May 7  
6:00-7:00pm**

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**Please Note Price Change  
for Next Level Classes!**

## Next Step Cooking Classes

**Our Next Step Cooking Classes will take healthy cooking to the next level. Next Level Cooking Classes are \$15 per person.** Payment must be received at least two days prior to class to confirm registration. Refunds will not be given unless notified two days in advance.

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### January - New Year, New Beginnings

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Start the New Year off with healthy dishes full of flavor, color and aroma that are actually good for you! Get some ideas for breakfast and hearty soups.

**Tuesday, January 21  
6:00-7:30pm**

**Thursday, January 23  
6:00-7:30pm**

**Wednesday, January 29  
6:00-7:30pm**

### February - Winter Dishes to Warm the Soul

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Classic comfort foods with a healthy Twist. These inviting, fresh dishes make for the perfect collection of delicious winter recipes that are easy to make for your family and friends.

**Wednesday, February 12  
6:00-7:30pm**

**Tuesday, February 25  
6:00-7:30pm**

**Thursday, February 27  
6:00-7:30pm**

### March - Spring Has Arrived

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Getting into shape for the spring couldn't be easier with a collection of salads, soups and snacks to keep you on the right track to better health.

**Wednesday, March 18  
6:00-7:30pm**

**Tuesday, March 24  
6:00-7:30pm**

**Thursday, March 26  
6:00-7:30pm**

### April - Breakfast and Smoothies

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Quick healthy breakfast and Smoothie ideas for the whole family

**Wednesday, April 8  
6:00-7:30pm**

**Tuesday, April 21  
6:00-7:30pm**

**Thursday, April 23  
6:00-7:30pm**

### May - Pool Party Ideas

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When you pack for the pool, take healthy dishes that you can enjoy while relaxing in the sun, easy, healthy and interesting snacks and entrees.

**Wednesday, May 13  
6:00-7:30pm**

**Tuesday, May 19  
6:00-7:30pm**

**Thursday, May 21  
6:00-7:30pm**