

Cabarrus Health Alliance Wellness Kitchen



2014 Cooking Class Calendar of Events

Expand your healthy cooking skills with Cabarrus Health Alliance! Our Wellness Kitchen now offers a variety of cooking classes on different topics. Classes are open to all adults and children 5 years and older. The class fee is \$5 per person for both adults and children.

January 2014

Freezer Favorites

January 9, Thursday, 6:00pm-7:30pm
January 18, Saturday, 10:00am-11:30am

February 2014

Cooking With Uncommon Fruits and Veggies

February 1, Saturday, 10:00am-11:30am
February 18, Tuesday, 6:00pm-7:30pm

March 2014

The Sneaky Chef—Secrets to get your kids to eat healthy

March 10, Monday, 6:00pm-7:30pm
March 22, Saturday, 10:00am-11:30am

April 2014

Vegetarian 101

April 5, Saturday, 10:00am-11:30am
April 17, Thursday, 6:00pm-7:30pm

May 2014

Pat-a-cake, Let's Bake!

May 12, Monday, 6:00pm-7:30pm
May 24, Saturday, 10:00am-11:30am

Classes held at:

Cabarrus Health Alliance
Wellness Kitchen
300 Mooresville Road
Kannapolis, NC 28081

For more information or to register:

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