



Easy and tasty ways to cook and eat for better health



Easy & Healthy Mediterranean Cooking

Demonstration

When: Noon–1:30 pm

Everyday Meals:

Sept 16 Live Online

Oct 8 In-person

Fresh & Flavourful:

Oct 23 OR Dec 10 Live Online **New**

Nov 5 In-person

Tasty, Low Salt Cooking

Demonstration

When: Noon–1:00 pm

Meal Ideas:

Oct 2 In-person

Nov 18 Live Online

Dips & Sauces:

Oct 16 In-person

Dec 2 Live Online

Preparing for Bariatric Surgery

Cooking Class

Live Online Cook Along

When: 1:30–3:00 pm

Oct 24 or Nov 28 Live Online

Rebuilding Health: High Protein Cooking Class **New**

Demonstration

When: 10:00 am–12:30 pm

Sept 17, Oct 30 OR Dec 4 In-person

Cancer Recovery: Cooking for Taste & Swallowing Difficulties

Demonstration

When: 10:00 am–12:30 pm

Sept 25 OR Nov 27 In-person

Cooking When Fatigued

Demonstration

When: Noon–1:30 pm

Meals for Low-Energy Days:

Sept 24 In-person

Nov 26 Live Online

Everyday Meals Made Easier:

Oct 29 In-person

In-person Classes are held in the Wellness Kitchen, South Health Campus, Calgary

Caregivers are welcome.

All participants must register.

Live online classes are open to all Albertans.



More info: www.ahs.ca/shcwellnesskitchen

(click on Program Guide)

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