

COOKING CLASS: MEALS FOR ONE OR TWO

With Christy Goff, MS, RDN, CD, of Pacific Medical Centers



Cooking for one or two people is sometimes difficult, especially if you were used to cooking for a larger family. In this cooking demonstration, join a Registered Dietitian to learn simple tips and tricks for healthy meal planning, get quick and easy meal ideas, and enjoy taste tests at the end! Learn how to live a healthier life while reducing food costs and time in the kitchen.

Location: Wallingford Community Senior Center

Thursday, August 16, 1:30—3 pm

\$3 members, \$6 public. Advance registration appreciated.



Wallingford Community Senior Center
4649 Sunnyside Ave N • Lower Level Good Shepherd Center
Seattle WA 98103 • 206-461-7825 • wallingfordseniors.org