

Lunch & Learn: Cooking & Knowledge for Life Series

Join us for a new series on learning new skills to help you achieve your goals while enjoying a FREE lunch while you learn.

What does the class teach?

- The class will discuss nutrition (creating nutritious meals on a budget) and healthy relationships (communication, self-care, setting healthy boundaries, etc.)

When is the class?

- Tuesday, November 15th from 1:00pm-2:30pm

Where are the classes?

- Dave's Market at Midtown in the test kitchen (by the food court)

How do I sign up?

- Sign up for the class by scanning the QR Code.

