

Food is Medicine



When: Wednesdays, March 13 - April 3, 2019

6:00 – 7:00 p.m.

Participants must attend all four sessions.

Where: Lifespan Community Health Institute

335R Prairie Avenue, Suite 2B

Providence

Food is Medicine!

This four-week class with weekly cooking demonstrations teaches participants how to prepare affordable and nutritious meals to improve their diet, all on a limited budget. Participants will learn how to decrease their risk of obesity and related chronic diseases, because food is medicine!

At the end of the course, all students will receive a recipe book and a bottle of olive oil.

Limited seats available! For more information and to sign up, contact Marianne Stepanian at 401-444-8063 or MStepanian@lifespan.org