



Cent\$ible Nutrition Program

Cent\$ible Nutrition classes are starting at the Senior Citizens Center for anyone interested!! They will be held on Wednesdays beginning January 11, 2012.

5:30 – 7:00 p.m.
Senior Citizens Center
211 Smith Street

Classes run:

Wednesday, January 11
Wednesday, January 18
Wednesday, January 25
Wednesday, February 1

Wednesday, February 8
Wednesday, February 15
Wednesday, February 22
Wednesday, February 29

The series includes 8 fun hands-on classes about food and nutrition, food safety, the new food guide pyramid, and other food topics. Participants will have the opportunity to actively share in group cooking, using recipes from the CNP cookbook, and receive handy kitchen gadgets along with take-home information. The class is free to those who qualify.

For more information or to register, please call Sandy Koltiska at 674-2980. We look forward to cooking with you!



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