



FREE CLASSES

Cooking & Nutrition

Learn How to Prepare Healthy,
Fun, Quick, and Easy Recipes



Taught by the Pros:

Shari Bock, Chef
and

Donna Barnes, MSUE Nutrition Instructor



Free Groceries: *Make these recipes at home!*
Free Cookbook: *Secrets from the pros!*

WHEN: Tuesday - Starting May 21 for 7 weeks

WHERE: Cass City United Methodist Church

TIME: 3:30-5:30 PM

To sign up for class, call Donna at: 989-672-3825

MICHIGAN STATE
UNIVERSITY | **Extension**

Cass City Public Schools

Limited space available on first-come, first-serve basis. Eligibility Requirements