



**Eat More
Weigh Less
Be Healthy!**



Center for Applied Nutrition

Improve your health, manage your weight, and hone your cooking skills with our fun, hands-on summer cooking class series!

- Lose weight, lower your cholesterol and blood pressure, control your blood sugar
- Learn about healthy eating and how to make delicious recipes your entire family will enjoy
- Learn behavior changes and cooking and shopping tricks to make eating healthy easier for you and your family

Classes on **Monday July 22, 29, and August 5, 5:30-7:30 pm**

\$15 per class or \$30 for the full series

Classes include meal!

UMMS Shaw Teaching Kitchen

419 Belmont Street, Worcester, MA.

RSVP to **LisaJo.McGonigal@umassmemorial.org** by July 17