



SPONSORED BY THE NARRAGANSETT INDIAN HEALTH CENTER

In partnership with URI SNAP-Ed.

HEALTHY COOKING EAT WELL & SPEND LESS

LEARN ABOUT MAKING HEALTHY FOOD CHOICES

WHAT: Monthly Cooking Classes

WHEN: First Thursday of each month, starting Feb. 6, 2025.
NO CLASSES in July & August, last class is December 4, 2025

WHERE: **The Narragansett Indian Health Center**
51 Old Mill Road, Charlestown, RI 02813

TIME: Thursday, 12pm-1pm

INSTRUCTOR: SNAP Ed Instructor

SIGN UP: Call Susan Bradanini, RN/Office of Community Health Programs
Supervisor 401-364-1263 x. 123

TOPICS:

1. Eating healthy on a budget, serving up deliciousness
2. Benefits of eating a variety of fruits and vegetables
3. More topics each month. Culinary Adventures Awaits!

ATTEND A CLASS AND RECEIVE A GIFT:

