



# Pediatric Cooking Classes

## FREE Pediatric Healthy Cooking Classes at BMC

### ***Family Fun with Food***

*First Wednesday of every month from 5:00-6:00pm*

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### ***SUPER Kids and Teens***

*(Shape Up and Eat Right)*

*Super Kids (ages 6-12) 2<sup>nd</sup> Monday every month from 5:00-6:00pm*

*Super Teens (ages 13-17) Last Monday every month from 5:00-6:00pm*

**Hands-on cooking classes taught by a Registered Dietitian.  
Delicious food the whole family will love!**

**Learn to Cook!**



**Bring the Kids!**

No reservations necessary

***BMC Demonstration Kitchen  
Boston Medical Center, 850 Harrison Ave,  
Yawkey Building 2nd Floor***

For complete class schedules and recipes go to  
[www.bmc.org/programs/food-demonstration-kitchen](http://www.bmc.org/programs/food-demonstration-kitchen)

**617-414-3840**