



BMC TEACHING KITCHEN

*Enjoy fun, interactive cooking classes taught by a Registered Dietitian!
Classes are for BMC patients and staff.*

FREE

Healthy Cooking
Classes at BMC

Class Topics

Cancer Survivors!
Cooking Skills 101
Diabetes Essentials
Family Fun with Food
Healthy Heart
Iron Chef Competition
SUPER Kids
Weight Management
WIC Good Food Project
Wonderful People with Disabilities
...and more!

Learn how
nutritious food
can improve your
health!

BRING THE KIDS!

BMC Teaching Kitchen
850 Harrison Ave
Yawkey Building 2nd Floor
617-414-3840

For complete class schedules and recipes, visit
BMC.org/programs/food-demonstration-kitchen