BMC TEACHING KITCHEN

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

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!

FREE Healthy Cooking Classes at BMC

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