

BMC CELEBRATES RECOVERY!

**BOSTON
MEDICAL**
CENTER
**Grayken Center for
Addiction Medicine**

Cooking for Recovery!

Evidence shows that good nutrition plays a role in supporting recovery from a substance use disorder. Come to the BMC Teaching Kitchen for **FREE** cooking classes focused around the nutritional needs of people in recovery. This class will be focused on making foods that kick addictive cravings and help to heal - body and mind. No need to register. All are invited to attend!

FREE Cooking Classes at BMC

SEE, TASTE, LEARN!

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



*Classes are held the 3rd THURSDAY of every month
11:00 a.m. – 12:00 p.m.
Demonstration Kitchen (Outside Yawkey Cafeteria)
850 Harrison Ave, Boston, MA*