



Weight Management Cooking Class

BOSTON
MEDICAL
CENTER

Teaching Kitchen



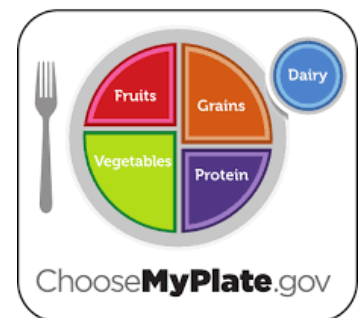
Enjoy fun, interactive cooking classes taught by a Registered Dietitian!

Classes are FREE
for BMC patients and staff.

Learn to Follow a Healthy Diet & Manage Weight

- Learn about what a healthy diet consists of (*vegetable based, low-fat, lean proteins*) and why it is important to follow
- Lose weight, reduce cholesterol, lower blood pressure and reduce your risk of other chronic diseases!
- Make easy *behavioral changes* that you and your family can make to be healthier and more active!
- Make healthy recipes you and your whole family will enjoy!
- Ask questions and get answers from a Registered Dietitian
- Classes held: **THIRD Tuesday every month 11:00-12:00PM**
THIRD Wednesday every month 5:00-6:00PM

FREE
Healthy Cooking
Classes at BMC



BMC Teaching Kitchen

850 Harrison Ave, Boston, MA

Yawkey Building 2nd Floor

617- 414-3840

For complete class schedules and recipes, visit

<https://www.bmc.org/nourishing-our-community/teaching-kitchen>