



FREE COOKING CLASSES

Teaching Kitchen Schedule

SEPTEMBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday
1	2 Bariatric Surgery Prep (Portuguese Interpreted) 10:30-11:30	3 Heart Health 10:00-11:00 Diabetes Essentials 12:00-1:00 Family Fun with Food 5:00– 6:00	4 WIC Family Health 10:00-11:00 SNAP! Healthy Home Cooking Quick, Easy, Economical 12:00-1:00	5
8	9	10	11	12
15	16 Weight Management 11:00-12:00	17 Bariatric Weight Loss Surgery Prep 10:30-11:30 Cancer Survivors! 2:30-3:30 Weight Management 5:00-6:00	18 Cooking for Recovery 11:00-12:00 Culinary Skills 101 Topic: 4:00-5:00	19
22	23	24 Staff Wellness 12:00-12:30; 12:30-1:00 Kidney-Friendly Cooking 2:30-3:30 SNAAC (BU Med Students) 5:00-6:00	25 BU Staff Wellness 12:00-12:30; 12:30-1:00 Wonderful People w/ Disabilities 2:00-3:00 Diabetes Essentials 5:00-6:00	26
29 Meatless Mondays (Vegetarian Cooking) 12:00-1:00 Bariatric Weight Loss Surgery Prep 5:00-6:00	30 BMC Margaret Shea Senior Center (off campus) 9:00-3:00			

Sign up online | Walk-ins welcome

Phone: (617) 414-3840 | <https://www.bmc.org/nourishing-our-community> |

850 Harrison Ave, Yawkey Building, 2nd Floor, Cafeteria

In the event the City of Boston declares a "Weather Emergency" classes will be canceled or rescheduled