

Healthy Cooking for Mom and Baby



JOIN US FOR A VIRTUAL TEACHING KITCHEN CLASS!

WHAT: Join us for a **free**, 1-hour class on Zoom to learn about how to **optimize your nutrition** during pregnancy and how to **feed baby** during their first year! Class will be taught by a Registered Dietitian.

WHEN: Thursday, July 15th from 12:00 - 1:00pm

WHERE: Log in to Zoom and cook along from your home kitchen!

HOW: Sign up on our website: www.bmc.org/cookingclasses
(Scroll down to the calendar section and click to July. Choose the “Healthy Cooking for Mom and Baby” class July 15th. You will see a link to sign up.)



Check out our website for other fun classes (all free) and delicious recipes! Currently, all classes are virtual.