

Healthy Eating on the Go

Our lives seem so busy and fast paced and eating healthy is hard.

Learn how to make great tasting meals on the go.

Sept. 2	BREAKFAST
Sept. 16	LUNCH
Sept. 30	SOUP
Oct. 14	SNACKS
Oct. 28	DESSERTS



Date: 5 bi-weekly series on Wednesday's

**September 2, 16, 30 and
October 14, 28, 2020**

Time: 1-3pm

Cost: \$20 per class or
a one time fee of \$75 for all classes

Register a week in advance. Pay instructor.

269-345-8556

Comstock Community Center



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