



Community
Health
Promotion

Health Promotion Division

MFit Healthy Cooking Classes



If you have been diagnosed with heart disease, high blood pressure, diabetes, obesity, certain types of cancer, or other health problems, you may be able to improve your health by eating plenty of fruits and vegetables, whole grains, lean protein, and other wholesome foods. Also, by cutting down on unhealthy fats, excess sweets, and low fiber foods, you may be able to reduce your risk for these health problems. All of our classes are designed to help those who have been diagnosed with the afore mentioned health problems, those at risk, and anyone just wanting to improve their health by learning how to cook in a healthy, delicious, and easy way. *Generous tastings offered at all cooking classes.*

Look on the back of this flier for the 2008-2009 schedule, visit us online at www.med.umich.edu/mfit/nutrition or call us at 734-975-3024. **Discounts available!**

Many returning favorites:

Splendid Soups • In the Herb Garden • Knife Skills • Sensational Seafood • **Many more!**

Registration starts August 13* at 9:00am

*Registration for the first 6 classes starts 8/13/08. See our website for more registration dates.

For more information or to register:

Call: 734-975-3024 or Visit: www.med.umich.edu/mfit/nutrition



2008-2009 MFit Healthy Cooking Class Schedule

Pre-registration is required!

All classes are held Wednesdays from 6:00^{PM} - 8:00^{PM} and are taught by the MFit Culinary Team, unless otherwise noted*. www.med.umich.edu/mfit/nutrition/cooking.htm

9/10/08	Basic Knife Skills	\$35/\$30 for 2
9/24/08	Fast, Fresh & Easy Veggies	\$30/\$50 for 2
10/1/08	Mediterranean Meals for Your Health	\$30/\$50 for 2
10/15/08	Fabulous Fresh Sensational Seafood w/Mike & Bernie of Monahan's Seafood Market*	\$30/\$50 for 2
10/29/08	Whole Grains & Leafy Greens	\$30/\$50 for 2
11/12/08	Basic Knife Skills	\$35/\$60 for 2
11/19/08	Thanksgiving Trimmings	\$30/\$50 for 2
12/03/09	Just Desserts	\$30/\$50 for 2
12/17/09	Simple Suppers for Family & Friends	\$30/\$50 for 2
1/14/09	Better Meals on a Budget	\$30/\$50 for 2
1/28/09	Basic Knife Skills	\$35/\$60 for 2
2/25/09	Gone Fishin' with Lizzie & Kathy	\$30/\$50 for 2
3/11/09	Glorious & Easy Indian Vegetarian Cuisine w/Susan Bellinson of Whole Foods*	\$30/\$50 for 2
3/25/09	Splendid Soups	\$30/\$50 for 2
4/22/09	Salads for Spring, Summer or Anytime!	\$30/\$50 for 2
5/20/09	In the Herb Garden w/guest presenter Peter Stark from Renaissance Acres Organic Herb Farm.	\$30/\$50 for 2

Class Location: All classes are held at the East Ann Arbor Health & Geriatrics Center in the lower level demonstration kitchen. Please enter the building through the revolving doors at valet parking and follow the signs down to the demonstration kitchen. www.med.umich.edu/mfit/nutrition/location.htm.