

Ask and Cook

with the Dietitian!

Vela Nicasio, RD, CDE



Class Activities



Healthy Food Preparation



Cooking Safety Tips



Whole Grains, Healthy Proteins,
Fruits and Vegetables,
and Healthy Snacks

Space for up to 30 participants,
first come, first served!"

**EVERY
THURSDAY:**

.....
10:15 - 11:30 AM
.....

CARING HEALTH CENTER

Wellness Center
1049 Main Street
Springfield, MA

.....
Questions? Call (413) 739-1100
Vela at 2121 or Molly at 1231

CARING HEALTH CENTER

caringhealth.org   