

¡No renuncie a sus comidas favoritas!

Sustitutos y técnicas para preparar comidas
deliciosas y nutritivas

Sábado, 13 de agosto, 2016, 10:30 a.m. - 12 p.m.
Verdant Community Wellness Center
4710 196th St. SW, Lynnwood

Gratis — en español



- *Aprenda como comer más saludable sin sacrificar el sabor de su comida favorita.*
- *Aprenda herramientas y técnicas que le ayudarán a incorporar ingredientes más saludables.*
- *Demonstración de cocina con deliciosas muestras y recetas para llevarse a casa.*

**Para más información y
para registrarse favor de
comunicarse con:**

Sandra al (425) 678-6042
sandra.huber@verdanthealth.org



HEALTH COMMISSION

verdanthealth.org

The Edmonds School District does not sponsor or endorse the activity and/or information contained in this material.

STAY Well



GET Active



EAT Better



STRESS Less



Don't Give Up Favorite Foods: Recipe modifications & easy substitutions for healthier cooking

Saturday, August 13, 2016, 10:30 a.m. - 12 p.m.
at the Verdant Community Wellness Center
4710 196th St. SW, Lynnwood

Free — Taught in Spanish



- *Learn how to eat healthier without sacrificing all your favorite foods.*
- *Learn tools and techniques to make healthier choices.*
- *Food demo and delicious samplings with take-home sample recipes.*

For more information and to register please contact:
Sandra at (425) 678-6042 or
sandra.huber@verdanthealth.org



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