

Healthy Cooking Class

Presented by Healthy Adventures Foundation



Saturday

2/18/23 • 2:30 PM

Community Room

Learn how to integrate more fruits, vegetables, and whole grains in your diet, in a way that is tasty and doesn't leave you feeling deprived of the foods you want! Healthy Adventures Foundation will share primarily vegetarian-based recipes designed to promote more whole food and healthier options for everyday life.

Healthy Adventures Foundation is a non-profit (501c3) offering wellness programs.



Mission Hills-Hillcrest/Knox Library

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