



Let's get healthy this fall!

Free cooking classes and lunch for the community

Thanks to a donation by Molina Healthcare of Wisconsin, local nonprofit Food For Health is offering FREE cooking classes and community lunch!

- Classes meet at the Be3 Community Health Hub at **2007 N Dr. Martin Luther King Jr. drive in Milwaukee, WI.**
- Classes will help you prepare healthy meals, reduce stress, and navigate some of the challenges we face in life.

October

BeFocused: Healthy Pregnancy & Postpartum

Wednesday, October 23, Noon – 1:00 p.m.

BeFueled: Squash & Pumpkin Recipes

Thursday, October 24, Noon – 1:00 p.m.

November

BeFueled: Crock Pot Recipes

Thursday, November 7, Noon – 1:00 p.m.

BeFocused: Gratitude is Good For Your Health

Wednesday, November 20, Noon – 1:00 p.m.

BeFueled: Healthy Thanksgiving Sides

Thursday, November 21, Noon – 1:00 p.m.

All classes are FREE. Register today for your fresh start!

Call 414-501-5314.

FoodForHealth.org/Get-Involved



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