



Healthy Cooking Demo

Presented by
Western Rehabilitation Care Center

Tuesday
December 17th
at 1 pm

Stuck in a cooking rut?. We will show you how using what is in season can be a quick and healthy way to expand your cooking repertoire. This free program, lead by our Registered Dietitian will be held at the Danbury Senior Center. We will take you step-by-step on how to prepare a delicious and nutritious, yet simple meal.

Food Samples will be Provided



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