



Healthy Eating Active Living

Sponsored by Parkview Health and
St. Joseph Community Health Foundation



**The
Shepherd's
Hand**

Community Outreach Center



“OUR HEALING KITCHEN” FREE COOKING CLASSES THURSDAYS 5:00-7:00 PM

**The Shepherd's Hand
Community Outreach Center**

1231 S. Anthony Blvd. Fort Wayne, IN 46803

July 18-September 5

Shepherd of the City Lutheran Church invites you to learn new cooking skills, earn coupons for produce, and start eating healthier this summer! Please contact Deaconess Rachel Jaseph at shepherdshandfw@gmail.com or (260) 422-3790 with any questions. More information may be found at www.shepherdshandfw.org.