



Healthy Eating Active Living

Sponsored by Parkview Health and
St. Joseph Community Health Foundation



Our HEALing Kitchen

This fun cooking course will equip you with skills to include tasty fruits and vegetables into your daily diet. You will also learn other healthy eating and living fundamentals. The goal is to decrease chronic diseases and put our families, neighbors, and church friends on the road to vibrant health. Become part of the Healthy Eating Active Living (HEAL) revolution happening in our community!

WHERE: Ivy Tech Northeast Campus

A collaboration between Unity Performing Arts Foundation and Ivy Tech Community College

ADDRESS: 3800 N. Anthony Blvd. Door 27 CC1743

DAYS/TIMES*: July 30 - August 22: 10am - 12pm

**classes will be held on Tuesday/Thursday for 4 weeks*

WHO CAN COME: Seniors aged 50 and over

These classes are free!

WHY TAKE THIS COURSE?

Learn to cook healthy food
that tastes good

Develop friendships at the
shared table

Earn coupons for produce

Take home new recipes

The journey to better
health begins with you!

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