

Healthy Sides For Your Thanksgiving

Lighten up your side dishes for a more healthful family meal!

Anyone can benefit from the healthy cooking techniques in this class. It's especially great for people with diabetes, high blood pressure, or high cholesterol. Join us for a fun class of cooking, eating, and nutrition information from Registered Dietitians.

Plus you'll take home a packet of easy-to-follow, healthful recipes!



Where?

march wellness & Fitness Center
2nd Floor OHSU Center for Health & Healing
3303 SW Bond Ave
Portland, OR 97239
Call (503) 418.6272 for directions



Course Date

Wednesday, November 16th, 2011

This course will be held one evening each month from 6:00-7:30 PM.

Future classes to be announced soon. Each class will feature new recipes and different nutrition topics.

Scheduling and Registration


For more information, or to register, please call (503) 418.6272 or email check, Visa or Mastercard is accepted. Cancellation fee is \$10 with more than 24 hours notice, no refunds for cancellations less than 24 hours.

Cost

We charge a nominal fee of \$25.
(march wellness members pay \$20)

Parking

Free parking is available in the parking garage located under the building. Remember to bring your parking ticket to the front desk for validation. If you prefer to park on the Marquam Hill campus you can ride the Portland Aerial Tram down to the OHSU Center for Health & Healing and a tram pass can be provided for your return trip.


Cooking
Class
Nov 16th
6:30pm
