Weight Control Center, Royal Oak and Rochester Hills

2016 Cooking Demonstrations

Join us to learn new ways to spice up your kitchen! A registered dietitian demonstrates how to make healthful and delicious dishes for the everyday cook. During the class, you will have the opportunity to taste all the dishes. We will also provide you with a copy of the recipes, including nutritional information.

**Topic: Comfort Foods with a Healthy Twist**
Dates: Feb 9 Royal Oak
      Mar 22 Rochester Hills

**Topic: Heart Healthy Mediterranean Dishes**
Dates: Apr 12 Royal Oak
      May 10 Rochester Hills

**Topic: Cooking Label-Free**
Dates: Jun 14 Royal Oak
      Jul 26 Rochester Hills

**Topic: Paleo-Friendly Eating**
Dates: Aug 9 Royal Oak
      Sept 27 Rochester Hills

**Topic: Holiday Meal without the Guilt**
Dates: Oct 11 Royal Oak
      Nov 8 Rochester Hills

**Where:** Demonstration Kitchen  
**When:** Tuesdays at 6pm  
**Cost:** $25 per person.*

Classes are open to the public.

Space is limited and registration is required. To register for the Royal Oak location call 248-655-5900. To register for the Rochester Hills location call 248-267-5750.

Please note: These cooking classes will offer a variety of healthy recipes for different patient populations. The recipes are used to maintain a balanced lifestyle and will be labeled to indicate if appropriate for a specific diet.

*Weight Control Center patients may bring a support person at no additional charge.*

Royal Oak Weight Control Center
Beaumont Health Center  
4949 Coolidge Highway  
Royal Oak, MI 48073

Rochester Hills Weight Control Center
Beaumont Health and Wellness Center  
1555 E. South Boulevard, Suite 360  
Rochester Hills, MI 48307

All items on flyer are subject to change. Version 11/6/2015.