

Beaumont Weight Control Center

2018 Cooking Demonstrations

Join us and learn new ways to spice up your kitchen. A registered dietitian demonstrates how to make healthy and delicious dishes for the everyday cook.

One Dish Delish

Feb. 13 Royal Oak
Feb. 27 Rochester Hills
Feb. 28 Canton

Simple Sizzlin' Stirfrys

April 10 Royal Oak
April 24 Rochester Hills
April 25 Canton

Recipe Rehab

June 12 Royal Oak
June 26 Rochester Hills
June 27 Canton

Power Snacks: Healthy Mini Meals for All Day Energy

Aug. 14 Royal Oak
Aug. 28 Rochester Hills
Aug. 29 Canton

Sweet Endings

Oct. 9 Royal Oak
Oct. 23 Rochester Hills
Oct. 24 Canton

- Class time: 6 p.m.
- Classes are open to the public.
- Cost: \$25 per person (Weight Control Center patients may bring a support person at no additional charge.)
- The class includes a copy of the recipes, along with the nutritional information, and an opportunity to taste test all the dishes.
- 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.



Beaumont Health and Wellness Center
4949 Coolidge Highway
Royal Oak, MI 48073
248-655-5900

Beaumont Health and Wellness Center
1555 E. South Boulevard, Suite 360
Rochester Hills, MI 48307
248-267-5750

Beaumont Weight Control Center
6300 N. Haggerty Road
Canton, MI 48187
734-738-1900

Space is limited and registration is required.

To register, go to beaumont.org/classes or call 800-633-7377.