

Beaumont Weight Control Center

2017 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.

Satisfying Soups

Feb. 7 Royal Oak
Feb. 28 Rochester Hills
Feb. 22 Canton

Nordic is the New Mediterranean

April 11 Royal Oak
April 25 Rochester Hills
April 26 Canton

Ancient Grains of the Future

June 13 Royal Oak
June 27 Rochester Hills
June 28 Canton

Grab 'n Go Meals

Aug. 8 Royal Oak
Aug. 22 Rochester Hills
Aug. 23 Canton

Surviving the Holidays Healthfully

Oct. 10 Royal Oak
Oct. 24 Rochester Hills
Oct. 25 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, call one of the locations listed above