

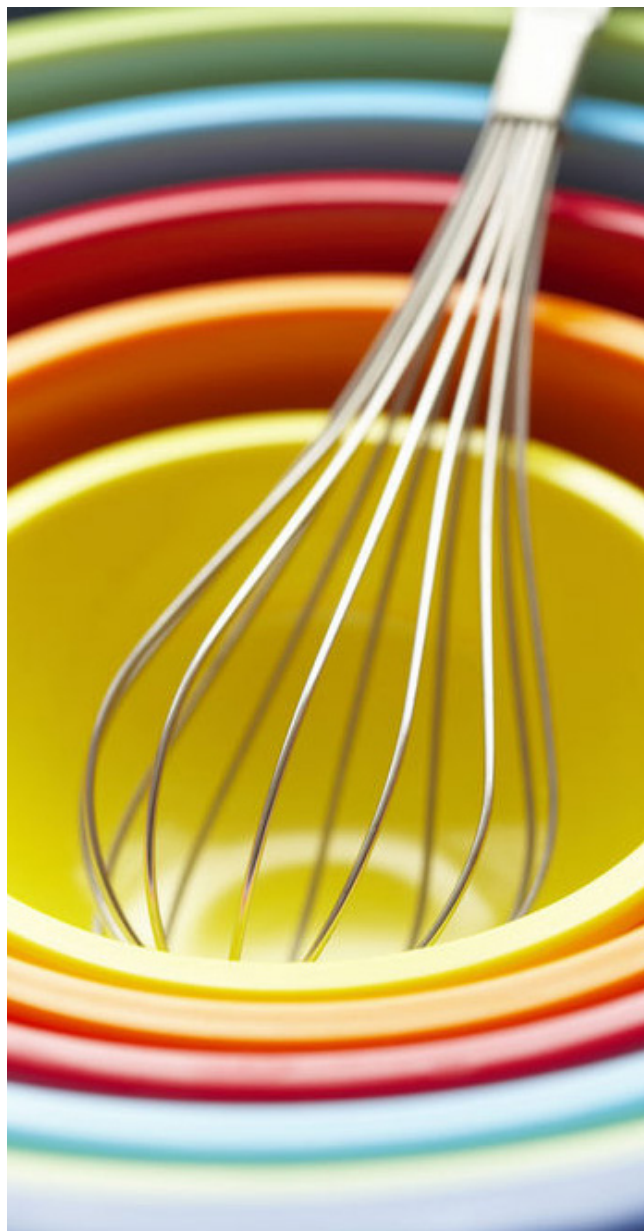
Beaumont Weight Control Center

2018 Kids Cooking Classes

For Children Ages 6 and Older

Free, fun, hands-on and educational classes led by a registered dietitian that focus on promoting healthy lifestyles for children and families.

- Class time: 6-7 p.m.
- Classes are open to the public.
- Classes are held in the demonstration kitchen at each location and are not allergy-free environments.
- Do not sign up large groups for the dates listed (example: Girl and Boy Scout Troops). Email mary.ligotti-hitch@beaumont.org to make other class arrangements.
- Classes are sponsored by the Children's Miracle Network.



Brain Boosting Breakfast

Jan. 16 • Royal Oak
Jan. 23 • Rochester Hills
Jan. 24 • Canton

Likeable Lunches Kids Can Pack

March 13 • Royal Oak
March 20 • Rochester Hills
March 21 • Canton

Delightful Dinners

May 8 • Royal Oak
May 22 • Rochester Hills
May 23 • Canton

Super Snacks

July 10 • Royal Oak
July 24 • Rochester Hills
July 25 • Canton

Fall Fruits & Veggie Fun

Sept. 11 • Royal Oak
Sept. 25 • Rochester Hills
Sept. 26 • Canton

Healthy Holiday Treats

Nov. 13 • Royal Oak
Dec. 4 • Rochester Hills
Dec. 5 • Canton

Each child must be attended by an adult for the duration of the class. Up to 4 children arriving together may be attended by the same adult.

Beaumont Health and Wellness Center
4949 Coolidge Highway
Royal Oak, MI 48073

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

Beaumont Weight Control Center
6300 N. Haggerty Road
Canton, MI 48187

Space is limited and registration is required.

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