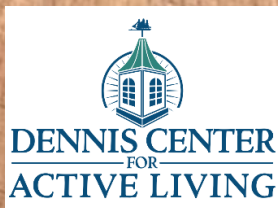


# REAL FOOD TALES Cooking Corner

at Dennis Center for Active Living



In a collaboration with Dennis Center for Active Living, Kimberly Phillips will be presenting Real Food Tales cooking demonstrations every Friday in June, 9am-11am, at the DCAL Cafe. She will be sharing her lifetime experiences of cooking real food from scratch. *What to expect:* cooking lessons, how-to's, nutritional tips, making home-made TV dinners, and sampling the results!

Meet your friends for coffee 9-11am while learning about cooking with less sugar and less ultra-processed food. Learn strategies to eat better, cook less, waste less, make better food choices, and feel better.



Fridays in June

9am-11am

\*During Coffee Hour

Join us at the Dennis Center for Active Living Cafe.

The information presented on this show is for informational and entertainment purposes only and does not constitute medical advice. It is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of a qualified healthcare provider when making changes to your diet.