

# EATING RIGHT

## A COOKING & NUTRITION CLASS

Please join the **Body&Soul Ministry** and **Cooking Matters** for a 6-week cooking class to learn more about preparing delicious, healthy and low-cost meals for your family!

- **IT'S FREE!**
- **LEARN HEALTHY RECIPES, FOOD BUDGETING, AND SHOPPING TIPS**
- **CLASSES ARE TAUGHT BY A CHEF & A NUTRITIONIST**
- **RECEIVE A FREE BAG OF GROCERIES AT EACH CLASS!**
- **MEN AND WOMEN ARE BOTH WELCOME!**
- **RECEIVE A RECIPE BOOK AND CERTIFICATE UPON COMPLETION**



**When:** Saturdays, 10:30AM-12:30PM,  
July 23rd – Aug 27th

**Where:** FAME Church Plaza

2270 S. Harvard Blvd., Los Angeles, 90018

**To sign up, contact: Lidia Jimenez – 323.730.7716**  
**Lidaj@famecorporations.org**

Signups are first come, first served.  
Space is limited to 15 participants. **If you register,  
please plan on attending all 6 classes!**