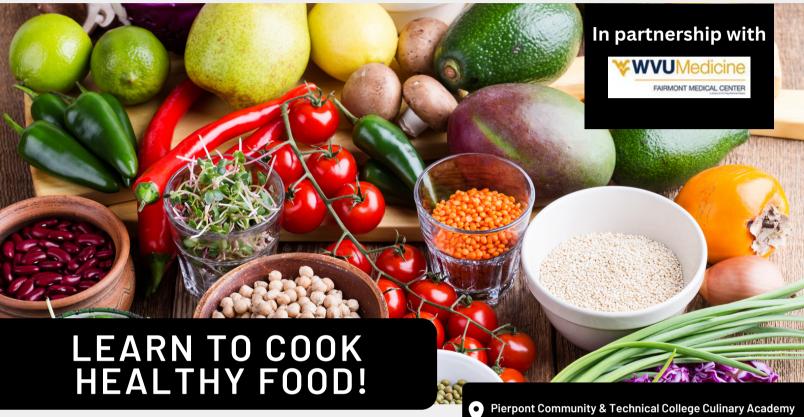
PLANT BASED **COOKING**





Course Description

This 2.5 hour course promotes healthy eating through Plant Based Cooking and is offered in partnership with West Virginia University Hospitals - Fairmont Medical Center. This is a vegetarian cooking class incorporating breakfast, lunch, and dinner menus that are easy to make at home and nutritious.

Course Learning Outcomes

- Gain a greater understanding of plant-based options
- Implement recipes and other healthy meal options toward a healthier lifestyle



Questions? Call 304-367-4920



2600 Middletown Commons Suite 129 Whitehall, WV 26554



Two Class Date Options:

Sept. 28, 2023 | 6:00pm - 8:30pm

Nov. 9, 2023 | 6:00pm - 8:30pm



Tuition: \$85 includes all materials and supplies

Tuition Scholarships Available