



Back to Basic-Cooking for a Healthier Generation
Sponsored in partnership with GBMS
WIC Program and Share Our Strengths Cooking Matters.

Back to Basics is a seven session cooking class that teaches how to prepare healthy meals for you and your families. All classes will be taught by a certified Chef and Registered Dietitian.



Walker Mill WIC Office

1472 Addison Road South

Capital Heights, MD 20743

301-324-1873

FAX 301-324-2414

If you want to learn to eat healthy or want to :

- lose weight
- lower your cholesterol,
- control high blood pressure
- Reduce blood sugars



Back the Basics is the Cooking Class for You!

Enrolled Now Space is Limited.

Classes Begin April 5th.



To enroll complete the pre-registration form below

Name: _____ Phone: _____ (C) _____ (H)

Address: _____

Health/Medical Concern (s): _____

Which session would you be able to attend: Tuesdays 5:00pm or Thursdays 5:00pm (Please Circle One)

Please return your pre-registration form to the front desk

