

ABOVE AND BEYOND COMMUNITY CLASSES PRESENTS...



with **GINA FRISINA, M.S. & ERIN VLASAK, M.S.**

class description: This interactive Zoom class offers live, practical demonstrations and cooking activities while learning about using the equipment and supplies needed for basic cooking. This course is designed to educate students how to utilize their own kitchens to prepare personal meals. These seven sessions will focus on healthy dinners that can be completed using 5 ingredients or less.

dates and times: 7 Wednesdays • 5-5:50pm
4/21, 4/28, 5/5, 5/12, 5/19, 5/26, 6/2

participation fee: \$300.00

to register: email chawkins@buexperience.org

open to the **public** and **all abilities.**
see instructor's bio at abcommunityclasses.org
flyer created by SoH ArtWORKS

