



African American Health Coalition, Inc.

SPICE IT UP



FREE COOKING CLASS

- Cook delicious and nutritious food
- Work with foods you haven't tried before
- Learn to buy more for less
- Hands-on class setting with instruction from food professionals
- Bring recipes home to try it in your own kitchen!

August

Mon	Tue	Wed	Thu	Fri	Sat	Sun
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2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Free Cooking Class will be held
on August 21, 2010 during
The 8th annual Wellness Walk (9am – 12pm)
at Dawson Park
corner of N Vancouver and N Morris

*****To enroll contact us at 503-413-1850 or reception@aahc-portland.org*****
**The AAHC is scheduling this one-day Eating Right cooking course specifically for
Community members.**
There is no cost for the class.