

Take a class at



7201 Kinsman Rd Ste. 103B

Cleveland OH, 44104

216-341-1455

October

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|-----------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------|
| 30 | 1 9a-5p Reserved for taping | 2 10:00AM Senior Nutrition/Fitness Education, Tri-C 4:00PM Youth Cooking Class 7-12 year olds, BHC | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 10:00AM Senior Nutrition/Fitness Education, Tri-C 4:00PM Youth Cooking Class 7-12 yrs, BHC | 10 | 11 3:00PM Grand opening 6:00PM Podiatry: Proper care and treatment of Foot problems, SVCH | 12 6:30PM Cooking Class, Chef Wells & Tomato, Tomato | 13 |
| 14 | 15 | 16 10:00AM Senior Nutrition/Fitness Education, Tri-C 4:00PM Youth Cooking Class 7-12 yrs, BHC 6:30PM Cooking Class, Chef Wells & From the Ear of Corn | 17 | 18 | 19 6:30PM Cooking Class, Chef Wells & Healthy Soul Food | 20 |
| 21 | 22 | 23 10:00AM Senior Nutrition/Fitness Education, Tri-C 4:00PM Cooking Course for Moms, BHC 6:30PM Cooking Class, Chef Wells & Breakfast Night | 24 | 25 | 26 6:30PM Cooking Class, Chef Wells & Cajun/Creole Style | 27 |
| 28 | 29 | 30 10:00AM Senior Nutrition/Fitness Education, Tri-C 4:00PM Cooking Course for Moms, BHC 6:30PM Cooking Class, Chef Wells & Zucchini, Squash and Pumpkins | 31 | 1 & recreational class, \$30 *Adults with children in the home | 2 SVCH- St. Vincent Charity Hospital BHC- Building Healthy Communities Tri-C- Cuyahoga Community College | 3 Registration Required for all classes |

November

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------------------------------------|-----------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------|------------------------------|-----------------------------------------------------------------|--------------------------------------------------|
| 28 SVCH- St. Vincent Charity Hospital | 29 BHC- Building Healthy Communities | 30 *Adults with children in the home | 31 a recreational class, \$30 | 1 | 2 6:30PM Chef Wells Cooking Class, a Asian Fusion | 3 |
| 4 | 5 | 6 10:00AM Senior Nutrition/Fitness Education 4:00PM Cooking Course for Moms, BHC 6:30PM Cooking Class, Chef Wells a Italian Night | 7 | 8 | 9 6:30PM Chef Wells Cooking Class, a Low Fat Solutions | 10 |
| 11 | 12 | 13 10:00AM Senior Nutrition/Fitness Education 4:00PM Cooking Course for Moms, BHC 6:30PM Chef Wells Cooking Class, a Fresh, Healthy & Fast | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 6:30PM Chef Wells Cooking Class, a Man- Style! | 21 | 22 Thanksgiving Closed | 23 | 24 |
| 25 | 26 | 27 4:00PM Youth Cooking Classes, 13-17 BHC | 28 | 29 | 30 | 1 Registration Required for all classes |

December

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|-------------------------------|---------------------------------------------------------------------------------------------------------|-----------|----------|--------|----------|
| 25 | 26 | 27 | 28 | 29 | 30 | 1 |
| 2 | 3 | 4 4:00PM Youth Cooking Classes, 13-17 BHC | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 4:00PM Youth Cooking Classes, 13-17 BHC 6:00PM Stroke: Diagnosis and Prevention, SVCH | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 4:00PM Youth Cooking Classes, 13-17 BHC | 19 | 20 | 21 | 22 |
| 23 | 24 Christmas Eve Closed | 25 Christmas Closed | 26 | 27 | 28 | 29 |
| 30 | 31 | 1 | 2 | 3 | 4 | |