

Vivalon

NUTRITION CLASS

3-Part Series on Making Pasta

An Exploration of Food, Cooking, and Nutrition

Unlock the secrets to making your favorite dishes at home! Our program will guide you through:

- Basics of Nutrition
- Hands-on Skills
- Supportive Materials
- Ongoing Support

Class Structure

- 1. August 8:** From 3:00 pm to 5:00 pm. Learn the essentials and practical skills for cooking at home.
- 2. At Home:** Put your skills to the test and make a pasta dish.
- 3. August 15:** From 3:00 pm to 4:30 pm. Return to Vivalon to share your experience and

REGISTER NOW!

\$10 for Members and \$15 for Non-Members (includes all three parts).

Visit the Guest Services desk or call 415-456-9062.
