

# The Thrive Kitchen: Cook Your Way to Better Health



Food is one of the most powerful tools you have to improve your health and boost your energy. Join physician and chef Linda Shiue, MD, in this small, hands-on class. You'll learn to make globally-inspired, seasonal cuisine in less time than it takes to get takeout. At the end of the class you'll enjoy the meal you've prepared while discussing the nutritional benefits. A different menu will be offered each month.

**Class offered once a month on Tuesdays,  
from 6:30-8:30 p.m. at 1600 Owens St.**

**Member Fee: \$20 plus \$10 materials fee  
Non-member Fee: \$30 plus \$10 materials fee**

**Taught by Linda Shiue, MD ~ [kp.org/mydoctor/lindashiue](http://kp.org/mydoctor/lindashiue)**

**For dates, more information, and to register, call the  
Health Education Department at 415-833-3450  
or email [SFhealth@kp.org](mailto:SFhealth@kp.org)**



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