

# 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 hands-on class and learn to cook globally-inspired, seasonal cuisine in less time than it takes to get takeout. We'll enjoy dinner together while discussing the nutritional benefits. A different menu will be offered each month.

- Jan 17** Soups and Salads of the World
- Feb 28** Cooking for Your Heart and Soul: Healthy African Heritage Cooking to Celebrate National Heart Month and African American Heritage Month
- March 21** Eat Your Greens!
- April 18** Spring Vegetables
- May 23** Healthy Chinese Cooking for Asian American History Month
- June 6** Cooking for College: A Primer
- July 25** Spanish Summer: Gazpacho and Tapas
- August 22** Back to School Lunch and Easy Weeknight Cooking
- September 5** Healthy Mexican Food for Latino Heritage Month
- October 10** Pumpkin: Not Just for Pie
- November 14** Thanksgiving: Extreme Makeover (Everything But the Turkey)
- December 5** Healthy Holiday Feast

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

**Member Fee: \$30 includes materials fee  
Non-member Fee: \$40 includes materials fee**

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

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

**Menu Details: [www.facebook.com/TheDoctorsSpicebox](https://www.facebook.com/TheDoctorsSpicebox)**

