

Thrive Kitchen

Cooking Classes at Mission Bay 2019 Schedule



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 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 and discuss the nutritional benefits. A different menu is offered each month.

- Jan 9** Soups and Salads of the World
- Feb 13** Healthy African Heritage Cooking
- Mar 13** Eat Your Greens!
- Apr 10** Spring Vegetables
- May 8** Healthy Asian Cooking
- Jun 12** Mediterranean Picnic
- Jul 10** Spanish Summer: Gazpacho and Tapas
- Aug 14** Back to School Lunch and Easy Weeknight Cooking
- Sept 11** ¡Taco Bar! Healthy Mexican Food
- Oct 9** Everything Pumpkin
- Nov 13** Creative Thanksgiving Sides
- Dec 11** Holiday Appetizer Party

**Class offered the 2nd Wednesday of the month,
from 6:30-8:30 p.m. at 1600 Owens St., 6th floor.**

Registration opens one month before each class.

**Fee: \$30 Kaiser Permanente Members/\$40 Non-Members
Contact the Health Education Department at (415) 833-3450
or email SFhealth@kp.org**



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