

Let's get COOKING

Healthy Eating With BRTC Nutrition and Dietetics Students

This course will teach you:

- Recipe Substitutions
- Alternative Meal Choices
- Healthy Eating on a Budget
- Food Safety
- Eating for Exercise

Participants will enjoy samples of cooking demonstrations.

In this three-class series, you will learn what to eat and how to eat from BRTC Nutrition and Dietetics Students.

Register at the Continuing Education Building located on the BRTC Pocahontas campus, College Drive, between the hours of 8:00 a.m. and 3:30 p.m.

For additional information or alternate registration:
Call 870-248-4180, e-mail cally.shore@blackrivertech.edu,
or visit our website at www.blackrivertech.edu/community/cce
and click on Pocahontas Campus.

**Corporate &
Community
Education**

Date:

**Tuesdays,
February 26 -
March 12**

Time:

5:30 - 7:30 p.m.

Cost:

\$25.00

**Registration
Deadline:**

**Thursday,
February 21**

