



Making It Better, Together.

Camden County Board of Freeholders presents:

A FREE WORKSHOP: COOKING FOR ONE OR TWO

HEALTHY MEALS FOR HEALTHY SENIORS

WEDNESDAYS FROM 4PM-5PM

CAMDEN COUNTY TECHNICAL SCHOOLS
6008 BROWNING ROAD, PENNSAUKEN, NJ

DATES AND SAMPLE MENU

October 11: BREAKFAST

October 25: LUNCH

November 15: DINNER

November 29: DESSERTS

This **FREE** workshop series is designed with the senior citizen lifestyle and dietary needs in mind.

Participants will learn from trained chefs and culinary students how to plan and prepare healthy meals, and will observe hands-on cooking demonstrations.



To Register call Tom Castellano at (856) 858-2986
or e-mail: tcastellano@camdencounty.com
Limited Space is Available

FOR YOUR NEWS & EVENTS
THE BOARD OF FREEHOLDERS

[camdencountynj](http://camdencountynj.com)



CamdenCounty.com