



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

BREAKFAST: March 21 & May 2

LUNCH: March 28 & May 9

DINNER: April 11 & May 16

DESSERTS: April 18 & May 23

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



CamdenCounty.com