



**Proudly Presents**  
**Men in the Kitchen Cooking Series**

**Join us in the kitchen for food & fun as we learn to make simple and nutritious meals!**

**No cooking experience is necessary**

**Funded by a Grant from**



**Classes are FREE and start August 13th meeting weekly for six weeks**

**We meet at Palm Healthcare Pavilion in West Palm Beach**



**Call (561) 683-2700 X 132 or e-mail Stacey Weiner-Varnado  
svarnado@alzcare.org to register or for additional information**



**Visit our website [www.alzcare.org](http://www.alzcare.org) and click on events**

