



## **"Healthy Mind, Healthy Body"** **Cooking / Nutrition Class** **with Chef Gundega**

Come and discover secrets on how products used daily can benefit your health. Example: We know the benefit of chamomile tea is to improve sleep quality. But did you know that chamomile tea also promotes digestive health?

Chef Gundega will demonstrate how to conveniently prepare wholesome food for yourself and share with family, friends, and community. You don't have to be a professional chef to learn and make simple step-by-step food that nourishes your body and well-being. Come and join these classes and take home recipes that will bring a smile to your table and your life.

**When:** Fridays: January 13th & 27th, February 10th & 24th, March 10th & 24th 9:30am-10:30am

**Where:** The HUB Kitchen  
 236 Monterey Street, Salinas

To register, call 831.646.4931 or 831.646.5050

\*\*\*Bus Passes and Taxi Vouchers available, if transportation is an issue please ask about them when you call to register.

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