



## ***"Healthy Brain, Body & Soul"*** ***Cooking/Nutrition Class*** **with Chef Gundega**

The foods we eat play a huge role in the structure and health of our brains. They can help improve memory, concentration, and overall brain 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 brain, body and soul. Come and join these classes and take home recipes that will bring a smile to your table and your life.

**When:** Fridays, November 17, 2023  
9:30am-10:30am

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

To register, call 831.646.4931

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

