

WINTER 2019

# Cooking Workshop Series



## Keeping Warm with Soups

Registration is required, limited 20 adults per workshop

Learn how to make soups and stews from around the world! Afterward, you'll be able to cook a big pot of one of your favorites for family and friends. This cultural food workshop will include live demonstrations, food tasting and a lecture.

**Presented by Nutritional Services of the Marion County Public Health Department.**

January 7	2:00-4:00 PM	Spades Park Branch	317-275-4520	January 28	2:00-4:00 PM	Franklin Road Branch	317-275-4380
January 8	2:00-4:00 PM	Irvington Branch	317-275-4450	January 30	1:00-3:00 PM	Warren Branch	317-275-4550
January 9	3:00-5:00 PM	Beech Grove Branch	317-275-4560	February 5	1:00-3:00 PM	Southport Branch	317-275-4510
January 10	3:00-5:00 PM	The InfoZone	317-275-4430	February 6	2:00-4:00 PM	Glendale Branch	317-275-4410
January 14	2:00-4:00 PM	Pike Branch	317-275-4480	February 11	4:00-6:00 PM	Haughville Branch	317-275-4420
January 15	2:00-4:00 PM	Eagle Branch	317-275-4340	February 19	5:45-7:45 PM	East 38th Street Branch	317-275-4350
January 17	2:00-4:00 PM	Nora Branch	317-275-4470	February 21	1:00-3:00 PM	College Avenue Branch	317-275-4320
January 22	2:00-4:00 PM	Wayne Branch	317-275-4530	March 13	2:00-4:00 PM	Fountain Square Branch	317-275-4390
January 23	2:00-4:00 PM	Michigan Road Branch	317-275-4370				

## Healthy Gut, Healthy Me!

Registration is required, limited 20 adults per workshop

Learn why maintaining a healthy gut is a hot topic of research and sample recipes designed to keep your "bugs" in balance. This workshop includes live demonstrations, food tasting and a lecture.

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February 4	2:00-4:00 PM	Irvington Branch	317-275-4450	March 4	2:00-4:00 PM	Franklin Road Branch	317-275-4380
February 7	2:00-4:00 PM	Nora Branch	317-275-4470	March 5	2:00-4:00 PM	Pike Branch	317-275-4480
February 12	2:00-4:00 PM	Wayne Branch	317-275-4530	March 6	2:00-4:00 PM	Glendale Branch	317-275-4410
February 13	2:00-4:00 PM	Fountain Square Branch	317-275-4390	March 7	1:00-3:00 PM	College Avenue Branch	317-275-4320
February 20	2:00-4:00 PM	Michigan Road Branch	317-275-4370	March 11	4:00-6:00 PM	Haughville Branch	317-275-4420
February 25	1:00-3:00 PM	Beech Grove Branch	317-275-4560	March 14	2:00-4:00 PM	Spades Park Branch	317-275-4520
February 27	1:30-3:30 PM	Eagle Branch	317-275-4340	March 19	5:45-7:45 PM	East 38th Street Branch	317-275-4350
February 28	3:00-5:00 PM	The InfoZone	317-275-4430				

## Go Red for Hearts!

Registration is required, limited 20 adults per workshop

Discover the lifestyle steps to help your heart and some specific changes you can make in your diet to prevent heart disease. This workshop includes live demonstrations, food tasting and a lecture.

**Presented by Nutritional Services of the Marion County Public Health Department.**

February 14    2:00-4:00 PM    Glendale Branch    317-275-4410

FREE AND OPEN TO THE PUBLIC



indypl.org