



 **Open Hand**
FREE COMMUNITY
FOOD & NUTRITION
CLASSES

This is a FREE, 7-week workshop led by Open Hand Nutrition Educators
Join us to learn culinary & nutrition skills with Healthy Choices for Every
Body lessons.

*This program meets in person once a week for seven weeks and is
available for clients of The Center for Black Women's Wellness*



- Hands-on cooking
- Practice with meal preparation
- Guidance on food choices & nutrition
- Tips on food budgeting
- Healthy recipes to taste-test
- Graduation prizes for those who complete the program

DATES: Classes weekly on Thursdays from May 8 - June 19

TIME: 4 pm - 6 pm

LOCATION: The Center for Black Women's Wellness
Dunbar Neighborhood Center, Classroom 207

477 Windsor St SW, Atlanta, GA 30312

RSVP: Gillian Smith | gsmith@cbww.org



Contact Us:

Katie Leite, MPH
SNAP-Ed Program Manager
kleite@openhandatlanta.org