



FREE COOKING CLASSES at BMC! DEMO KITCHEN SCHEDULE – SEPTEMBER 2016

(617)414-3840 www.bmc.org/nutritionresourcecenter Nutrition Resource Center

850 Harrison Ave, Yawkey Building, 2nd Floor, Cafeteria

PS = Open to All Patients and Staff

P = Patient Groups Only

S = Staff Only

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Special Programming TBA	2 Morrison Superfood Tasting Table 11:30-1:00 PS
5 Lunchtime Demo 11:30-1:00 PS	6 SNAP! Healthy Home Cooking 12:00 – 1:00 PS Pediatric Healthy Snacks 5 th Floor ACC Bldg 2:30 – 3:30 P	7 Heart Health 10-11:00 PS Diabetes Essentials 12-1:00 PS Family Fun with Food 5:00 – 6:00 PS	8 Iron Chef Challenge: Oral Surgery Department 11:30-1:00	9 Morrison Superfood Tasting Table 11:30-1:00 PS
12 SUPER Kids Shape up and Eat Right class for kids 6-12 and their family 5:30-6:30 S	13 Special Programming TBA	14 BU Dental School Staff Forum Nutrition Group S 12:00-1:00	15 Iron Chef Challenge Oral Surgery Department 11:30-1:00	16 Morrison Traveling Chef Food Demonstration PS
19 Lunchtime Demo 11:30-1:00 PS	20 Weight Management 11-12:00 PS Cancer Survivors! 2:30 – 3:30 PS Cooking Skills 101 4:30-5:30 PS	21 Bariatric Weight Loss Surgery Prep 10:30-11:30 P Diabetes Essentials 12-1:00 PS Weight Management 5:30-6:30 PS	22 4 for \$10 12-1:00 PS Bariatric – Food for Life 5:00-6:00 PS	23 Morrison Vendor Product Showcase 11:30-1:00 PS
26 SUPER Teens Shape up and Eat Right class for kids 13-18 and their family 5:30-6:30 PS	27 Mattapan Adult Day Center 12:00-3:00 (off campus) P Bariatric Weight Loss Surgery Prep 5:00-6:00 P	28 Staff Wellness 12:00-1:00 S SNAAC 5-6:00 S	29 BHCHP Fellows 10:00-12:00 S Healthy Cooking for People with Disabilities 2:00-3:30 P	30 Morrison Superfood Tasting Table 11:30-1:00 PS

In the event the City of Boston declares a “Weather Emergency” classes will be canceled or rescheduled