

# Thrive Kitchen

## Cooking Classes at Mission Bay 2020 Schedule



### ***Cook Your Way to Better Health!***

Food is one of the most powerful tools you have to improve your health and boost your energy. Join Chef Linda Shiue, MD in this hands-on class and learn to cook globally-inspired, seasonal cuisine in less time than it takes to get takeout. We'll enjoy dinner together and discuss the nutritional benefits. A different menu is offered each month.

- Jan 8** Soups and Salads of the World
- Feb 12** Healthy African Heritage Cooking
- Mar 11** Eat Your Greens!
- Apr 8** Creative Cooking to Reduce Food Waste ***New Class!***
- May 13** Healthy Asian Cooking
- Jun 10** Mediterranean Picnic
- Jul 8** Spanish Summer: Gazpacho and Tapas
- Aug 12** Back to School Lunch and Easy Weeknight Cooking
- Sept 9** Go with the Grain—Cooking with Whole Grains ***New Class!***
- Oct 14** ¡Taco Bar! Healthy Mexican Food
- Nov 11** Creative Thanksgiving Sides
- Dec 9** Holiday Appetizer Party

**Class offered the 2nd Wednesday of the month,  
from 6:30-8:30 p.m. at 1600 Owens St., 6<sup>th</sup> floor.**

**Registration opens one month before each class.**

**Fee: \$30 Kaiser Permanente Members/\$40 Non-Members  
Contact the Health Education Department at (415) 833-3450  
or email [SFHealthEd@kp.org](mailto:SFHealthEd@kp.org).**

**Menu Details: [www.facebook.com/TheDoctorsSpicebox](https://www.facebook.com/TheDoctorsSpicebox)**