

# Beaumont Weight Control Center

## 2018 Cooking Demonstrations

Join us and learn new ways to spice up your kitchen. A registered dietitian demonstrates how to make healthy and delicious dishes for the everyday cook.

### One Dish Delish

Feb. 13 Royal Oak  
Feb. 27 Rochester Hills  
Feb. 28 Canton

### Simple Sizzlin' Stirfrys

April 10 Royal Oak  
April 24 Rochester Hills  
April 25 Canton

### Recipe Rehab

June 12 Royal Oak  
June 26 Rochester Hills  
June 27 Canton

### Power Snacks: Healthy Mini Meals for All Day Energy

Aug. 14 Royal Oak  
Aug. 28 Rochester Hills  
Aug. 29 Canton

### Sweet Endings

Oct. 9 Royal Oak  
Oct. 23 Rochester Hills  
Oct. 24 Canton

- Class time: 6 p.m.
- Classes are open to the public.
- Cost: \$25 per person (Weight Control Center patients may bring a support person at no additional charge.)
- The class includes a copy of the recipes, along with the nutritional information, and an opportunity to taste test all the dishes.
- These cooking classes will offer a variety of healthy recipes for different patient populations. The recipes are used to maintain a balanced lifestyle and will be labeled to indicate if appropriate for a specific diet.



Beaumont Health and Wellness Center  
4949 Coolidge Highway  
Royal Oak, MI 48073  
**248-655-5900**

Beaumont Health and Wellness Center  
1555 E. South Boulevard, Suite 360  
Rochester Hills, MI 48307  
**248-267-5750**

Beaumont Weight Control Center  
6300 N. Haggerty Road  
Canton, MI 48187  
**734-738-1900**

**Space is limited and registration is required.**

**To register, go to [beaumont.org/classes](http://beaumont.org/classes) or call 800-633-7377.**