



COOKING FOR LIFE

Cooking can be a life affirming activity through hard times and cooking together brings the strength of community.

Chef Suzanne Weltman brings her expertise to this “hands on” class that will introduce or re-connect participants to the essence of good food and good cooking. Learn about ingredients, cooking techniques and have fun!


**CANCER SUPPORT
COMMUNITY™**

PHILADELPHIA

Formerly The Wellness Community of Philadelphia

**The Suzanne Morgan
Center at Ridgeland
4100 Chamounix Drive
Philadelphia, PA 19131**

215-879-7733

www.cancersupport-phila.org

The Cancer Support Community of Philadelphia is dedicated to providing, at no cost to members, a comprehensive and professional program of emotional support and education designed to enhance the mind, body, and spirit of people whose lives have been impacted by cancer.

▶ **Thursday, May 19 - “Cooking with Herbs”.**

The class will learn about a variety of culinary herbs and techniques for their use and then prepare several new recipes using herbs. **RSVP by May 17.**

▶ **Monday, June 20 - “Strawberry Delights”.**

Everyone loves strawberries! At this time of year local strawberries are most available and the class will prepare several recipes with strawberries - Delicious! **RSVP by June 16.**