

The mission of The Wellness Community is to help people affected by cancer enhance health and well-being through a professional program of emotional support, education, and hope. All programs and services are provided free of charge.



COOKING FOR LIFE: Versatile Legumes

Thursday, September 16
6:30 - 8:00 PM



- Chef **Suzanne Weltman** leads this interactive class
- that provides information and an experience in
- meal preparation and fun!

Learn about beans, peas, lentils and other legumes and try flavorful recipes to include in a healthy diet.

RSVP by September 13.

215-879-7733 • www.twcp.org

**The Wellness Community of
Philadelphia**

The Suzanne Morgan Center at Ridgeland
Chamounix Drive, West Fairmount Park
Philadelphia, PA 19131

Lansdale Satellite:

The Anne McCouch Center
1000 West Main Street, Lansdale, PA 19446
215-393-9105