



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.

- ▶ **Recipe Revisions - Thursday, January 19 - 6:30 - 8:00 PM**
Learn ways to reduce fat and calories in some favorite dishes without compromising taste! **RSVP by January 17.**
- ▶ **Cooking with Tofu - Thursday, February 23 - 6:30 - 8:00 PM**
Learn about tofu and try delicious recipes using varieties of this protein rich meat substitute. **RSVP by February 21.**