

The Caregiver's Table

Virtual Cooking = Hands-on + Delicious + Education + FUN!



Join Chef Lori Fernandez and Registered Dietitian Pam VanKampen for two virtual cooking classes without leaving your kitchen! Learn shortcuts and tips for:

- Making easy and quick meals
- Using leftovers in a variety of ways

Practical cooking, caregiving, and nutrition education tips and tidbits will be “peppered” into each class to enrich the caregiving experience!



WHEN: Thursdays, October 22nd and October 29th

TIME: 11:30 am - 1:30 pm

WHERE: Your kitchen

COST: No cost

All registered participants will receive and have delivered all groceries needed prior to class

Sponsored by:

The Aging & Disability Resource Center of Eau Claire County (ADRC) and the Greater Wisconsin Agency on Aging Resources (GWAAR)

****Limited class enrollment. Register online at www.adrcevents.org or call 715-839-4735 by Thursday, October 15, 2020. Once registered you will receive an email link to join the class.**

