



Upcoming **Free Class**

Cooking Matters *For Adults*

Classes Include:

- Hands-on learning and group discussion with instructors.
- A grocery store tour.
- A bag of **FREE** groceries each week for you to prepare the recipe at home.
- A graduation certificate, a recipe book, and other gifts, upon graduation!



**For More Information or
To Sign Up Please Contact:**

Kristina Verney
487-3890 x2744
kverney@emhs.org

Save the date!
Wednesdays, May 11th - June 15th
4:00pm - 6:00pm

Nokomis Regional High School
Newport

Space is limited, you must pre-register to participate.



**Good Shepherd
Food-Bank**
Feeding Maine's Hungry



SEBASTICOOK VALLEY HEALTH
EMHS MEMBER



Creating Healthy Communities