



commercially licensed
co-operative kitchen, inc.

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Everyday Detox

Nutrition Lesson and Cooking Class Presented by Brenda Viens, RDN (Registered Dietitian-Nutritionist)

Are you feeling sluggish, or tired? Have you considered a detox diet but are not sure where to begin? Come join us at the CLiCK Kitchen for an intro to a whole food detox program. Sample herbal teas, soups, and yummy smoothies made with fruits and vegetables that cleanse your digestive system and support weight loss.

\$35; \$30 for Friends of CLiCK

When? Saturday March 5th 2-4 pm



Shopping Healthy and on a Budget?

Presented by Brenda Viens, RDN (Registered Dietitian-Nutritionist)

Registered Dietitian Brenda Viens will lead a grocery store tour to reveal the secrets to shopping healthy on a budget. Handouts and recipes will be provided. Bring a notebook and pencil to jot down healthy cooking tips and techniques along the way!

\$35; \$30 for Friends of CLiCK

When? Saturday March 12th 2-4pm



The Incredible Edible Egg

Nutrition Lesson and Cooking Class Presented by Brenda Viens, RDN (Registered Dietitian-Nutritionist)

Registered Dietitian Brenda Viens will discuss the health benefits of eggs and share innovative ways to cook them. Learn the secret to cooking: the perfect hardboiled egg, gluten free pancakes, and more.

\$35 dollars; \$30 for Friends of CLiCK

When? Sunday March 20th 2-4 pm



Healthy Cooking Tips and Techniques

Nutrition Lesson and Cooking Class Presented by Brenda Viens, RDN (Registered Dietitian-Nutritionist)

Have you ever tried to make a recipe healthier and it was a flop? You're not alone! Come join us at the CLiCK Kitchen to learn tips and techniques for modifying your favorite recipes. *Take home* a healthy cooking substitutions guide to keep as a reference in your kitchen!

\$35; \$30 for Friends of CLiCK

When?

Saturday March 26th 2-4 pm



Save your spot by registering today! click.wellness@gmail.com or (860) 786-7907