

The FREEDOM CENTER

For Independent Living, Inc.



Independent Living Skills Training

Cooking With Health in Mind

When? August 26, 2021

Where? ZOOM Virtual Discussion

Time? 1:00 p.m.

Who? Consumers, families, friends, advocates are welcome

What is This All About? Benedetta Rieser, NASM certified Food Nutrition Specialist, will discuss healthy cooking alternatives that will not break the bank.

Email acorso@fcilde.org to register and a ZOOM link will be sent to you prior to the 26th.

