



National Nutrition Month Cooking Demonstration Webinar

You and your family are invited to our **Cooking with the Whole Family** webinar to explore fun, simple recipes. This 60-minute online cooking demonstration is hosted by experienced facilitators so you can learn how to create healthy and delicious meals.

This series of cooking demonstrations is available at no cost to Kaiser Permanente members and nonmembers for a limited time.



Webinars

When	Register
April 18, 2022 5:30 p.m.	Click here or scan: 
April 25, 2022 5:30 p.m.	Click here or scan: 
April 26, 2022 6:00 p.m.	Click here or scan: 