

COOKING

Summer Wellness Series

Check out our website and follow us on Facebook and Instagram at FitCape for a wide variety of health and wellness education events available just for you! From grocery shopping educational tours and nutrition consultants, to fitness and wellness de-stressing seminars and stretching fun! Check out our free Summer Wellness Cooking Series below. Website: www.cityofcape.org/fitness.



COOKING ON THE RUN

May 28, 2019 | 5:30 p.m. - 6:30 p.m. | Osage Centre

COOKING WITH HYPERTENSION

June 11, 2019 | 5:30 p.m. - 6:30 p.m. | Osage Centre

COOKING FOR WEIGHT LOSS

July 9, 2019 | 5:30 p.m. - 6:30 p.m. |
Osage Centre

COOKING ON A BUDGET

August 13, 2019 | 7:30 p.m. - 8:30 p.m. |
Osage Centre



**CITY of CAPE
GIRARDEAU**
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