



**Our First Adult  
Cooking Class  
Is Here!**

**We Care So Much About You and Your Health It's Absolutely FREE to Attend!**

**FOOD FOR LIFE | Plant-Based Cooking & Nutrition Class**  
**Tuesdays, April 18 and 25 and May 2 and 9, 2023, 6:15 – 7:30 p.m. ET**  
**Malta Community Center, 1 Bayberry Drive, Malta, NY 12020**

Ready to take action on improving your health? This free 4-class series features easy, low-cost recipes that deliver the power of plant-based wellness.

This four-class series, **Food For Life: Healthy Basics**, invites you to experience first-hand why a plant-based diet is effective in improving overall health and attaining a healthy weight. Each class will feature a short discussion of plant-based nutrition, a participatory cooking demonstration, and the opportunity to taste affordable, simple, and healthful plant-based dishes.

The **Healthy Basics** series will provide you with a foundation for losing excess weight and improving important health markers such as cholesterol, blood pressure, and blood sugar levels.

- **Class 1:** The Power of Your Plate
- **Class 2:** How Foods Fight Diabetes
- **Class 3:** Foods for a Healthy Weight
- **Class 4:** How Foods Fight Heart Disease

Your Instructor: Deb Czech, Founder & Owner of The Planted Platter

**REGISTER TODAY**  
**TO BUILD HEALTHIER EATING HABITS BY PUTTING MORE PLANTS ON YOUR PLATE!**

[www.toloveachild.net](http://www.toloveachild.net)

**Call for more information 518-859-4424**

The class is limited to 20 participants.  
A waiting list will be held in case of a last-minute cancellation.

Please arrive between 6:15 and 6:20 each week  
to enjoy some informal discussion before class begins promptly at 6:30.

**Be greeted each week with a fabulous fresh fruit refresher to kick-off an amazing class!**