

# Cooking for One

## After a Loss

It isn't easy losing someone and now you are faced with learning how to "Cook for One" as well.

The Airdrie & District Hospice Society, along with the Airdrie Food Bank offers you this free 4—class program to help you learn about nutritional choices and meal ideas.

Class 1—Presentations and  
Nutritional Guidelines

Class 2—Breakfast

Class 3—Lunch

Class—4 Dinner



**Wednesday Evenings** 5:30PM—7:30 PM October 30th, November 6,13 and 20th, 2019

**Where:** Airdrie Food Bank 20 East Lake Way NE

**Register with Airdrie and District Hospice Society by calling 403-880-0424**

**Space is limited please register early!**