Cooking Up Wellness

Four Sessions of Food, Fellowship, and Fun
Chesnee Community Center
For questions, please call (864) 461-0302
Sessions begin at 10:30 am

**August 4, 2017 — Fried Green Tomatoes & Chia Lemon Tea**
Enjoy a healthier rendition of classic fried green tomatoes and iced lemon tea with chia seeds to cool off. We will have a guest from Diabetes Education to discuss programs offered in Chesnee.

**February 2, 2018 – Sweet & Spicy**
Taste a traditional mole sauce, made with chilies and chocolate. We’ll discuss how both chilies and cocoa contain heart protective compounds in honor of American Heart Month.

**November 3, 2017 – Just Beet It**
The entire beet is loaded with nutrition from the root to the greens. Learn how to get the most out of your fresh beets. Beets are also great nitric oxide producers – a compound related to everything from heart disease to dementia to glaucoma prevention.

**May 4, 2018 – Cauliflower La Plancha**
Don’t forget about all the white vegetables! Cauliflower is gaining popularity, and for good reason. Come see all the different ways you can incorporate it into your routine.

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