



# Cook for Health Online Classes

- Physician led plant-based virtual cooking classes
- Classes cover:
  - Health benefits of plant-based eating for many different health conditions
  - Nutrition teaching and tips
  - Practical, time-saving cooking tips
  - How to make plant-based cooking tasty, affordable, and easy
  - Family-friendly recipes
- Interactive and engaging class
- Cook along with us in your own kitchen so you have a delicious meal ready to go at the end of class!

## Online Class Dates:

### **Cook for Health**

Every 2<sup>nd</sup> Thursday of the month  
4:30 – 6:00 pm

### **South Asian Cook for Health**

Every 1<sup>st</sup> Wednesday of the month  
4:30 – 6:00 pm

### **Cook for Health Jr. Chef**

Every 3<sup>rd</sup> Thursday of the month  
4:30 – 6:00 pm

Please call **650-903-2800** to enroll

Can't make it to class? Check out our recipes below!



For more information or to enroll in a class, please email [<SCL-Lifestyle-Medicine@kp.org>](mailto:SCL-Lifestyle-Medicine@kp.org).



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