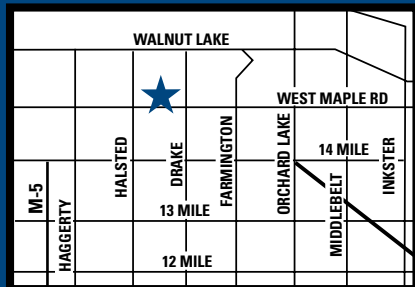




HENRY FORD
WEST BLOOMFIELD HOSPITAL
6777 W. Maple Road
West Bloomfield, MI 48322

Classes are \$19 per person, unless otherwise noted.

Space is limited; please register 72 hours prior to the day of class.



For more information, or to register for classes, call (248) 325-3890 or email dk@hfhs.org. Visit us online at www.henryfordwestbloomfield.com

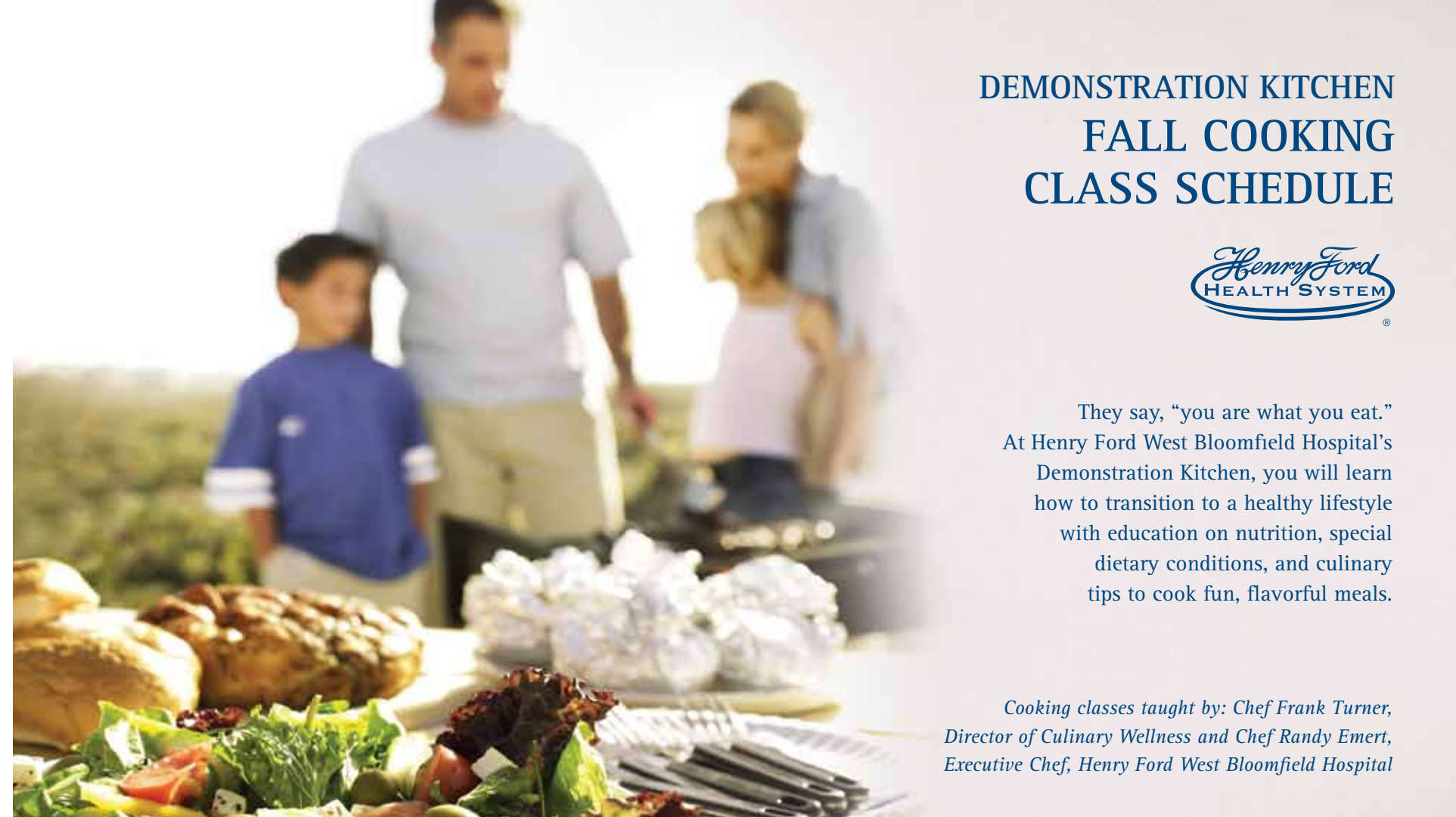


DEMONSTRATION KITCHEN FALL COOKING CLASS SCHEDULE



They say, “you are what you eat.” At Henry Ford West Bloomfield Hospital’s Demonstration Kitchen, you will learn how to transition to a healthy lifestyle with education on nutrition, special dietary conditions, and culinary tips to cook fun, flavorful meals.

Cooking classes taught by: Chef Frank Turner, Director of Culinary Wellness and Chef Randy Emert, Executive Chef, Henry Ford West Bloomfield Hospital



Each class includes delicious food samples, educational information, and advice from Henry Ford physicians or registered dieticians. It's never too late to start eating healthy and take steps to get your health back on track.

TUESDAY, SEPTEMBER 13 AND TUESDAY, NOVEMBER 22, 11 a.m. -12:30 p.m.
SENIOR HEALTHY LIVING

This class promises an afternoon filled with food, fun and community. Class includes healthy twists to traditional favorite recipes with a cooking demo, sampling and a lunch coupon to Henry's, the hospital's popular cafe. A member of our physician's panel will be available to answer health questions and a tour of the award-winning hospital will be provided.

THURSDAY, SEPTEMBER 15, 6:30 - 8 p.m.
MANAGING YOUR DIABETES WITH FLAVOR

Living with diabetes doesn't mean you have to feel deprived or restricted. If you are currently struggling with dietary challenges, this class will help you learn what you can eat and ways to make it enjoyable. Kathleen Pruneau-Hill, Henry Ford certified diabetes educator, will discuss diabetes education, meal planning and how to add flavor to your plate.

FRIDAY, SEPTEMBER 23, 6:30 - 8 p.m. \$35 per family (up to 4 people per family, \$10 each additional person)
dk KIDS FAMILY FIELD TRIP

During the Family Field Trip, you and your family will learn the importance of keeping healthy habits. This class will focus on understanding nutrition facts/ ingredients, reading labels, stocking a healthy pantry and eating farm fresh food. The cooking demo will include easy foods and snacks for kids to create and share with the whole family, and quick meals for families on the go. Materials for this class include a healthy pantry inventory checklist, healthy habit tracking sheet, and information from a Henry Ford registered dietician.

TUESDAY, OCTOBER 11, 6:30 - 8 p.m.
THE ART OF MAKING CURRY

During this class you will learn what curry is, how to make different kinds, and how to incorporate curry into a dish. The recipes will feature a variety of dishes made with curry and the techniques are fun and easy to learn.

THURSDAY, OCTOBER 13, 6:30 - 8 p.m.
NUTRITION AND COOKING FOR BREAST CANCER

Join the Josephine Ford Cancer Center for a discussion regarding breast cancer and enjoy a cooking demonstration on dealing with the food challenges associated with cancer. The class will focus on foods to improve stamina, how to add flavor to meals, and a prevention discussion in honor of Breast Cancer Awareness month.

TUESDAY, OCTOBER 18, 6:30 - 8 p.m.
TREATING THE WHOLE WOMAN

This class celebrates women and the nutritional foods that help keep them strong. The focus will be on creating and keeping a healthy pantry to help you make better meal choices. Dr. Brent Davidson, service chief of Women's Health Services and members of his team will discuss specific conditions that effect women of all ages and answer all your health related questions.



THURSDAY, OCTOBER 20, 6:30 - 8 p.m.
SIMPLE SUSHI

In this fun and interactive class you will learn how to make different types of sushi. Learn to make the rice needed to create sushi rolls as well as a variety of dipping sauces to add a unique flavor. Each participant will take home a sushi kit.

WEDNESDAY, NOVEMBER 2, 6:30 - 8 p.m. \$35 per family (up to 4 people per family, \$10 each additional person)
dk KIDS FAMILY FIELD TRIP "National Start Eating Healthy Day"

Partnership with American Heart Association
Join us for the American Heart Association's "National Start Eating Healthy Day". This Family Field Trip will be geared toward "Heart Healthy" choices to help you and your family live a healthier life. Learn how to read labels, understand nutrition facts/ingredients, how to stock a healthy pantry and the importance of healthy habits. The cooking demo will include easy foods and snacks for kids to create and share with the whole family, and quick meals for families on the go. Take home materials include a healthy pantry inventory checklist, healthy habit tracking sheet and recipes/information.

TUESDAY, NOVEMBER 15, 6:30 - 8 p.m.
PREGNANCY AND POST-PREGNANCY HEALTHY EATING

This class will feature healthy recipes packed with flavor that will keep you strong before, during and after your pregnancy. It will focus on building stamina and feature quick, healthy meals for busy moms. Healthy tips and meal planning for post pregnancy will be addressed, including tips for losing that extra baby weight. Dr. Brent Davidson, service chief of Women's Health

Services and his team will discuss post pregnancy care and answer any health related questions/concerns.

THURSDAY, DECEMBER 8, 6:30 - 8 p.m.
HOLIDAY COOKING FOR DIABETICS

Holiday cooking can be difficult for people dealing with diabetes. This class will focus on managing your glycemic load with fun, flavorful dishes with a holiday twist. Kathleen Pruneau-Hill, Henry Ford certified diabetes educator, will answer questions, discuss meal planning, and offer solutions to managing your condition.

TUESDAY, DECEMBER 13, 6:30 - 8 p.m.
GLUTEN FREE BAKING

It's hard to enjoying baking when you have dietary challenges. During this class, Lisa DeBastos, Henry's pastry chef will share some of her delicious and creative recipes designed for people with Gluten sensitivity. A member of our Gastroenterology department will answer questions regarding your dietary restrictions and Westwind Milling will provide samples and information about their new Gluten Free mill.

All classes are held in the Demonstration Kitchen at Henry Ford West Bloomfield Hospital. To register call (248) 325-3890 or email dk@hfhs.org.