



*Washington Center for
Weight Management & Research
Culinary Program
hosted by
Chef Robyn Webb, MS*

Award winning nutritionist, cookbook author and teacher, Robyn Webb has been a passionate advocate of cooking well and making it enjoyable for most of her life. In collaboration with the American Diabetes Association, Robyn Webb has published numerous cookbooks that teach people how to maintain healthful diets with food that is satisfying and flavorful.

**Hands-On Cooking Classes Limited to 8 Participants
6:30 pm—9:00 pm**

- ◆ **Wed, Feb 9: Easy Weeknight Meals**
Learn the art of preparing enough food for the week. You'll learn how to parlay one dish into a fresh idea for another! Meal planning was never so easy or this much fun!
- ◆ **Wed, April 6: Spring is in the Air!**
Get cooking with fresh vegetables and learn all the techniques to make them super delicious. You'll learn how to select, store and cook a variety of spring vegetables
- ◆ **Wed, May 4: Healthy Vegetarian**
Reducing meat from your diet is always a wise idea, but how do you make your meals tasty? In this class you will learn the ins and outs on how to use grains, beans, vegetables and more to create simple fabulous meat free meals
- ◆ **Wed, June 1: Main Dish Salads**
Everyone loves a cool refreshing salad, but making them at home can be a challenge. Learn the fine art of crafting main dish salads that are so good you might want to include them year round!

Registration
Fee:
\$75 per class

Due to Limited
Class Size,
Registrations
are Non-
Refundable