



THE CROMWELL HEALTH DEPARTMENT
Informs residents of the following upcoming event...

Wellness Series!

Sign up for the ShopRite of Cromwell's Wellness Series!

Receive educational materials and diet information for each topic. Cook and enjoy several recipes in each class to help you live a healthier life!

Tuesday, January 21st: Cooking for Heart Health

Tuesday, January 28th: Cooking for Diabetes

Tuesday, February 25th: Cooking for Gut Health

(5:30pm-8:00pm)

The cost each class is **\$30 per person**. Class will be held upstairs in the Culinary Workshop at the ShopRite of Cromwell.

Sign up at the customer service desk ahead of time.

Space is limited to 12 participants per class.

Contact our registered dietitian, Mary, for more information.

Mary.Perrino@wakefern.com (860)613-2063

