



SHARE OUR STRENGTH'S  
**COOKING  
MATTERS**<sup>®</sup>  
NO KID HUNGRY



**all faiths food bank**<sup>™</sup>  
FIGHTING HUNGER IN OUR COMMUNITY

# FREE Cooking Matters Class for Stroke Survivors & A Family Member

## 6-Week Community Cooking & Nutrition Class

*presented by Sarasota Memorial and All Faiths Food Bank*

Learn nutritional information & simple cooking techniques. You will receive a complimentary meal during class and a free cookbook!

Classes will be held 3:30-5:30 pm every Wednesday starting Feb. 26, 2020.

**Space is limited, call to reserve your spot at [\(941\) 917-3890](tel:9419173890).**

**Classes hosted at:**

**Sarasota Memorial Rehabilitation Pavilion**

1700 S. Tamiami Trail, Sarasota, FL 34239

Entrance Off Arlington Street, 3<sup>rd</sup> Floor

