

COAST TO THE CASCADES
COMMUNITY WELLNESS NETWORK

C.H.E.F.

Culinary Health Education
& Fitness Program

Improving the
health of local
children and
families with C.H.E.F.



Free Family Cooking Classes!

Mondays from 5:00-7:00pm
September 17 – October 22

Adults and children will work together to create healthy meals in this 6 week Cooking Matters cooking class. Prepare many healthy recipes, gain hands-on cooking experience, **enjoy a meal and bring home groceries each week!**

*Children must be at least 8 years old to participate.

Location:

Seashore Family Literacy
Center for Learning

265 SW Bay Street
Waldport, OR 97394

For more information or to register contact:

Sommer McLeish,
C.H.E.F. County Coordinator

Email: smcleish@samhealth.org

Phone: 541-557-6215



Samaritan
Health Services



SHARE OUR STRENGTH'S
**COOKING
MATTERS™**
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This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant number D06RH31062 Coast to Cascades Community Wellness Network CHEF Project, total award amount of \$884,631, and 0% financed with nongovernmental funds. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government.