



# A COOKING CLASS FOR MALE CAREGIVERS

Meal time can be very stressful for family caregivers. *Conquering the Kitchen* can reduce that stress and help male caregivers become more comfortable in the kitchen, no matter their cooking skills. Classes are small to allow for interaction with the instructor and other classmates.

## IN THIS CLASS, YOU WILL LEARN:

- NEW COOKING SKILLS OR BRUSH UP ON OLD ONES
- HOW TO PLAN A MENU
- WAYS TO MAKE MEAL TIME LESS STRESSFUL
- HOW TO FOLLOW A RECIPE
- LOCATE COMMUNITY RESOURCES



## Spring Session: Mondays

May 1, 8, 15 & 22

**10:00 a.m. until 12:30 p.m.\***

\$10 Suggested Donation

Area Agency on Aging of Western Michigan  
3215 Eaglecrest Drive NE  
Grand Rapids, MI 49525

*\* lunch will be provided*

**Registration required by April 24, 2017**

*Complimentary respite can be arranged at registration.*



**For more information or to register for classes, contact**

Area Agency on Aging of Western Michigan  
(616) 222-7007  
staci@aaawm.org  
www.aaawm.org

