

# Easy & Healthy Mediterranean Cooking

## What can I expect to learn?

Discover great flavours and improve your nutrition with recipes and tips for heart health, brain health, or general well-being.

## How is this class being offered?

Over Zoom®

## How long is the class?

1.5 hours

## Does it cost to attend?

It's free!

## Who can register for this class?

Anyone in Alberta interested in learning about Mediterranean cooking.

## How can I register for this class?

Registration details are found within the [SHC Wellness Centre Program Guide](#).

## Questions

Email: [wellness.shc@ahs.ca](mailto:wellness.shc@ahs.ca)



Call, text, or chat with 211 Alberta ([ab.211.ca/](http://ab.211.ca/)) to find out about financial benefits, programs, and services.