



# Berkshire Health Group

## VIRTUAL COOKING CLASSES & WEBINARS

### ***Plant Based Meals***

*Live Virtual Cooking Class*

**March 16th**

**5:30-6:30pm**

[Click Here to Register](#)

### ***Metabolism Makeover***

*Nutrition Awareness Webinar*

**March 17th**

**4:30-5:30pm**

[Click Here to Register](#)

### ***Comfort Foods Made Healthy***

*Live Virtual Cooking Class*

**March 27th**

**9:00-10:00 am**

[Click Here to Register](#)

### ***Cholesterol Counts***

*Nutrition Awareness Webinar*

**April 14th**

**5:30-6:30pm**

[Click Here to Register](#)

### ***Women's Health: from Life Balance to Hormone Balance***

*Nutrition Awareness Webinar*

**April 19th**

**12:00-1:00pm**

[Click Here to Register](#)

### ***FODMAP: Unlocking The Key to Good Health***

*Nutrition Awareness Webinar*

**May 4th**

**12:00-1:00pm**

[Click Here to Register](#)

Please join from your computer, tablet or smartphone. Registration is required.

*For each webinar or cooking class you attend you will be entered into a drawing for raffle prizes!*

*Prizes:*

**10-\$50 Gift Cards**

**5-\$100 Amazon Gift Cards**