

Kingsborough Community College
Continuing Education 50+ Wellness program
presents...

Cooking Through Quarantine to Boost Immunity

*This 4 week culinary series featuring healthy,
plant-based recipes that will not only taste great
but will nourish the body as well.*

This on-line (zoom) culinary series will take place every
Tuesday in July from 11:30AM – 12:30PM
and will focus on recipes to improve specific conditions:

July 7 - Heart Health

July 14 - Inflammation

July 21 - Thyroid Function

July 28 - Healthy Skin and Hair

Cost for 4 week series \$50
Call for registration information: 718-368-5050