



A Taste of African Heritage

FREE, six-week cooking and nutrition course

Celebrate the healthy, vibrant, plant-based food traditions
from across the African diaspora.

Expand your knowledge of nutrition, sample and learn simple cooking
techniques for healthy living based on delicious
African heritage food traditions.

To schedule or join a class

Contact Jeanette Nessett at jnessett@lifespan.org



**Lifespan
Community Health
Institute**
Delivering health with care®