REGISTRATION IS OPEN!
NEWSTART COOKING LABORATORY

What is the NEWSTART Cooking Laboratory?

Our chefs collaborate with our certified NEWSTART dietitians and physicians to bring a comprehensive approach to cooking that promotes wellness. In fact, our dietitians and physicians are often present in many of our special dietary
The NEWSTART Cooking Laboratory is the ideal destination for both adults and children to explore healthy cooking and learn about nutrition and special dietary conditions. All of our cooking classes are designed to make cooking fun and the results flavorful and healthy by imparting culinary knowledge and tips that are easy to implement.

Scientific evidence now identifies the plant-based diet as the best possible eating plan to prevent disease and live longer.

Through this series you can learn how to:

- Eat more, but weigh less
- Turn Vegetables, Fruits, Nuts and Seeds into tasty dishes
- Create satisfying meat-free entrees
- Make delicious health desserts

NEWSTART Cooking Laboratory classes are engaging, include delicious food samplings, and are filled with educational information, practical tips, and advice from NEWSTART physicians and dietitians. Our classes help everyone from those who are transitioning to a healthier way of living to those already on track and looking to learn more, as well as individuals with special dietary needs—there is something for everyone at the NEWSTART Cooking Laboratory.

Participants may start at anytime, may attend all classes or select classes of interest.

Participants can register for NEWSTART Cooking Laboratory Cooking Class online at [www.newstart.com/cookinglab](http://www.newstart.com/cookinglab).

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