

Cooking Classes



Eating right is an important part of staying healthy. BMC patients and employees are invited to attend free cooking classes. This class is educational and interactive. A chef from BMC's Nutrition Resource Center chooses meals that are nutritious and demonstrates how to cook them.

Note: Classes are currently on hold and are tentatively scheduled to resume in the spring of 2011.

To sign up, call Cally Donahue at (617) 414-6795.

Click [here](#) for recipes!