



FREE Healthy Cooking Classes

at Shoprite of Washington with Dietitian Carly Sopko

Monday February 3

12-1pm

Children ages 3-4

Monday February 10

5-6pm

Children ages 5-8

Monday February 17

6-8pm

Adults 18+



Email Carly at carly.sopko@wakefern.com to sign up for any of these wonderful healthy cooking classes! I look forward to cooking with you!