



THE SYLVIA CENTER'S

VIRTUAL FAMILY COOKING CLASSES

Join The Sylvania Center for a **free 6-week virtual cooking class series with Fresh Food Meal Kit** available for pick up. Learn the connection between food and health through a new recipe each week from one of our favorite books!

STARTING MAY 11TH & MAY 12

HOW IT WORKS

Starting on May 11th, **Fresh Food Meal Kit pick-ups are on Tuesdays from 4:30 - 5:30 pm** at two library locations. Details will follow after signing up.

Classes take place Wednesdays evenings. Tune in to the virtual cooking classes by following the link you'll receive via email.

To signup, fill out **Virtual Cooking Class Interest Form** or email **kate.snider@sylviacenter.org**

KINDERHOOK MEMORIAL LIBRARY

18 Hudson Street
Kinderhook, NY 12106

VALATIE FREE LIBRARY

1036 Kinderhook Street
Valatie, NY 12184

Classes are for children 18 and under with at least one parent or guardian.

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Kinderhook Memorial Library



Berkshire Taconic
COMMUNITY FOUNDATION