

THE SYLVIA CENTER'S

VIRTUAL FAMILY COOKING CLASSES

Join The Sylvia 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.

STARTING JULY 13TH & JULY 14TH

HOW IT WORKS

Starting on July 13th, **Fresh Food Meal Kit pick-ups are on Tuesdays from 4:30 - 5:30 pm** at Kinderhook Memorial Library.

Classes take place Wednesdays from 5:00 - 6:00 pm. Tune in to the virtual cooking classes by following the link you'll receive via email.

To signup, fill out the [Virtual Cooking Class Interest Form](#) or email: kate.snider@sylviacenter.org

KINDERHOOK MEMORIAL LIBRARY

18 Hudson Street
Kinderhook, NY 12106

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



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Kinderhook Memorial Library

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COMMUNITY FOUNDATION

www.sylviacenter.org