



A Taste of African Heritage

a free six-week cooking and nutrition course

Celebrate the healthy, vibrant, plant-based food traditions from across the African diaspora.

Expand your knowledge of nutrition, sample and learn simple cooking techniques for healthy living based on delicious African heritage food traditions.

Share this information with the community by becoming an instructor.

We are adding to our team of paid instructors.

The training is free and offered online.

Contact Jeanette Nessett at jnessett@lifespan.org



**Lifespan
Community Health
Institute**

Delivering health with care.®