



Nutrition and Cooking Classes

Nutrition information, videos of cooking demos, and delicious recipes

Join Licensed Food for Life Instructor **Barbara Chwierut** for the following 4 classes:

NOTE: Janet Pearson, a Building Healthy Communities Leader with PCRM, will be providing additional resources after each one-hour FFL class.

Class times are 11:00 am – 12:30 pm

Wednesday, October 1, 2025: The Power of Your Plate

(Janet will present on Label Reading)

Wednesday, October 8, 2025: How Foods Fight Diabetes

(Janet will present on dairy free choices)

Wednesday, October 15, 2025: How Foods Fight Heart Disease

(Janet will present on oil free cooking)

Wednesday, October 22, 2025: Foods for a Healthy Weight

(Janet will present on plant-based baking for the holidays)

Cost: Classes are free of charge

Location: Orland Park Township Office, 14807 So. Ravinia,
Orland Park, IL. 60462

**Physicians
Committee**
for Responsible Medicine

Registration: Contact Orland Township directly 708-403-4222

Walk-ins are also welcome!

