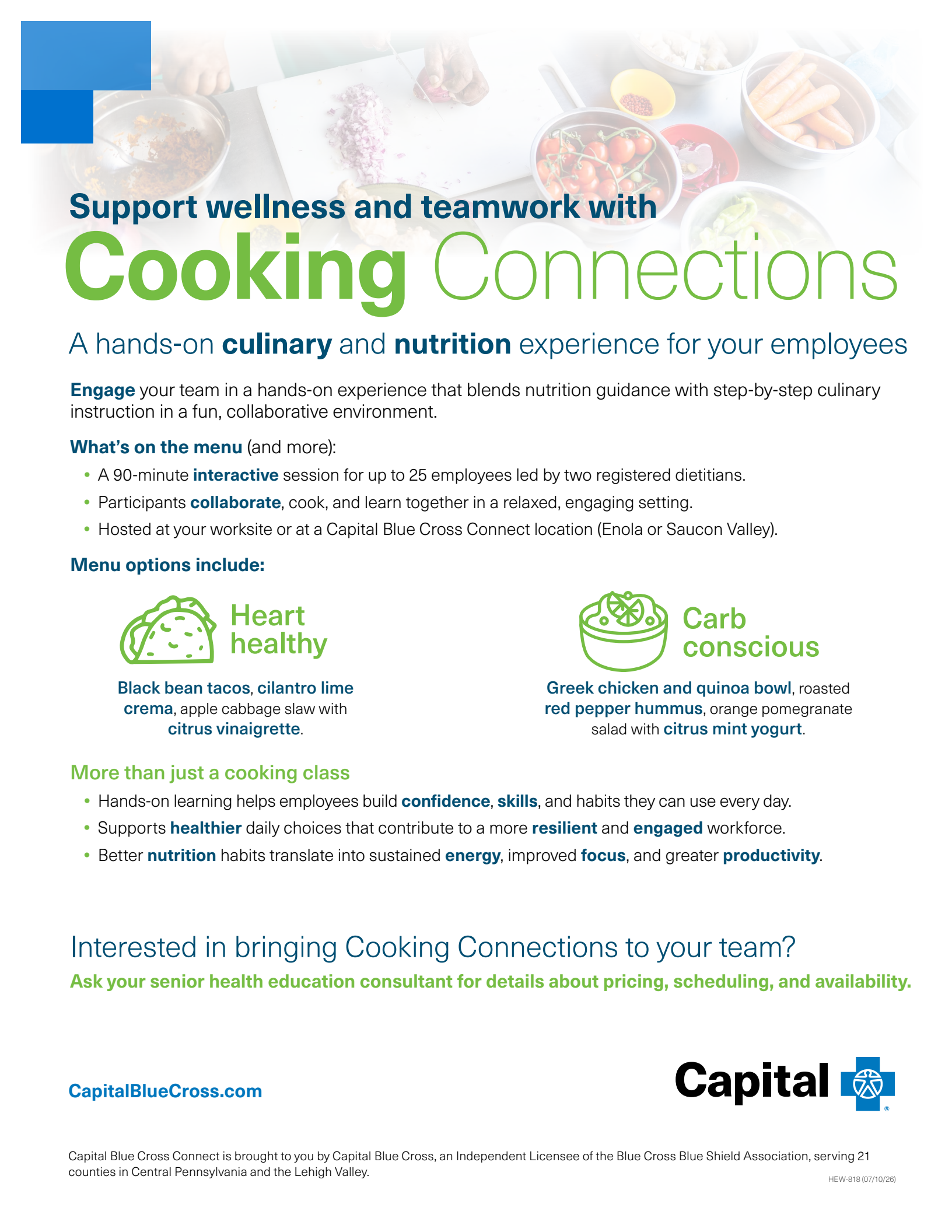




Support wellness and teamwork with **Cooking** Connections

A hands-on **culinary** and **nutrition** experience for your employees

Engage your team in a hands-on experience that blends nutrition guidance with step-by-step culinary instruction in a fun, collaborative environment.

What's on the menu (and more):

- A 90-minute **interactive** session for up to 25 employees led by two registered dietitians.
- Participants **collaborate**, cook, and learn together in a relaxed, engaging setting.
- Hosted at your worksite or at a Capital Blue Cross Connect location (Enola or Saucon Valley).

Menu options include:



**Heart
healthy**

**Black bean tacos, cilantro lime
crema**, apple cabbage slaw with
citrus vinaigrette.



**Carb
conscious**

Greek chicken and quinoa bowl, roasted
red pepper hummus, orange pomegranate
salad with **citrus mint yogurt**.

More than just a cooking class

- Hands-on learning helps employees build **confidence**, **skills**, and habits they can use every day.
- Supports **healthier** daily choices that contribute to a more **resilient** and **engaged** workforce.
- Better **nutrition** habits translate into sustained **energy**, improved **focus**, and greater **productivity**.

Interested in bringing Cooking Connections to your team?

Ask your senior health education consultant for details about pricing, scheduling, and availability.

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