



# HEALTHY COOKING DEMO AND TASTING

THURSDAY, MARCH 21, 6:30 PM

## March is Colon Cancer Awareness Month

Join us for an educational evening where you will learn recipes and new strategies to incorporate cancer fighting foods into your diet.

Give glory and thanks by taking care of yourself and your family. Space is limited. Registration is required.

[events.suburbanhospital.org](http://events.suburbanhospital.org) or call 301-896-2334.

Check-in begins at 6 pm. Demo and tasting from 6:30 pm – 7:30 pm.

Demonstration  
presented by  
registered dietitian

Tasting and  
refreshments

Healthy recipes to  
take home

Cancer screening  
information

Drawing for  
Giant Food gift card

COLESVILLE UNITED  
METHODIST CHURCH

52 Randolph Road  
Silver Spring, MD  
Anderson Hall