

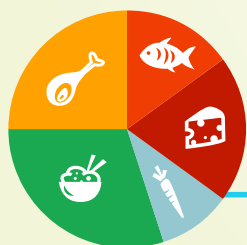


# 2026 HEALTHY MEALS

## FREE COOKING DEMONSTRATION

Join the dietitians of West Calcasieu Cameron Hospital for quarterly cooking demonstrations with plenty of ideas for quick and healthy dishes.

In **45 minutes**, we'll show you:



Healthy menu  
planning



Quick recipe  
ideas



Tasty recipe  
samples

Classes will now be  
offered **Thursdays**:

January 15

April 16

July 16

October 15

11 a.m.

WCCH Cafeteria  
Conference Room  
701 Cypress Street-Sulphur

There is no charge  
to attend. For more  
information, call

**(337) 527-4261** or email  
Vanessa Hardy, registered  
dietitian at WCCH, at  
**vhardy@wcch.com**.



701 Cypress Street, Sulphur  
**wcch.com**



West Calcasieu Cameron Hospital