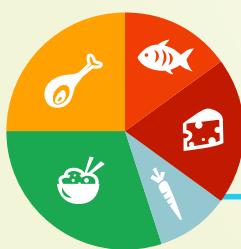


2026 HEALTHY MEALS

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

wcc 
West Calcasieu Cameron Hospital