

Eating Well When Fatigued: Cooking Demo

What can I expect to learn?

This fun virtual cooking demonstration is intended for people who experience fatigue/tiredness and physical or cognitive limitations related to health conditions, such as arthritis and long COVID. You will learn strategies to be successful in the kitchen and how to make healthy food choices.

How is this class being offered?

- Over Zoom®

How long is the class?

- 1.5 hours

Does it cost to attend?

- It's free!

Who can register for this class?

- This virtual cooking demonstration is for anyone in Alberta interested in learning how to adapt recipes and use easily found kitchen equipment to make cooking easier.

How can I register for this class?

- Registration details are found within the [SHC Wellness Centre Program Guide](#).

Questions about the class?

- Email: wellness.shc@ahs.ca



Health Link has dietitians to answer nutrition questions.
Call 811 and ask to talk to a dietitian.