

# Live Well, Play Well

## Let's Get Cooking!



### Free for Cooking Demo & Tasting!

**When:** Tuesday, February 25, 2020

**Time:** 6:30pm -8:00pm

**Where:** Boys & Girls Club  
of The Bellport Area  
471 Atlantic Ave, Bellport

Reserve your seat today call:  
631.687.2900 or email

[CVillegas@LICommunityHospital.org](mailto:CVillegas@LICommunityHospital.org)

Led for you by

Executive Chef Manager,  
Daniel Walker & his team from  
LI Community Hospital

Join us for a free heart healthy  
hands-on cooking demonstration  
and tasting.

### Top 3 Reasons to Cook Together as a Family!

- Gives families a time to share, bond and work together.
- When kids help prepare food, they are more likely to try new foods.
- Spending time in the kitchen and cooking new recipes helps children to develop a positive connection to all different types of foods including fruits and vegetables.

- Featuring a traditional favorite, PIZZA, with a healthy new twist that adults and children are sure to love.
- Plus try a new dessert that takes an unlikely pairing of chocolate and avocados to a whole new level.

Connect with us:

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Long Island  
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BOYS & GIRLS CLUB  
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