



Virtual Hands-On Culinary Medicine Cooking Classes

Greetings,

The Health meets Food team has expanded their **Virtual** hands-on Culinary Medicine cooking class schedule through autumn 2020.

Register now to earn CME/ CEU credit through hands-on cooking classes. Learn culinary techniques focused through practical, flexible, and culturally appropriate applications of the most up-to-date nutrition recommendations for a variety of conditions and diseases. You will be guided by our chefs while you cook alongside medical professionals from across the country all from the comfort of your own kitchen! **Reserve your spot for Virtual hands-on Culinary Medicine cooking classes today!**

Register [Here](#):

Classes are offered Friday evenings, Saturday afternoons, and Sunday evenings (EDT) now through November!

Topics include:
Introduction to Culinary Medicine
Pediatric Diets
IBS, IBD, GERD
Celiac Disease
Anti- Inflammatory Diet

Weight Management & Portion Control
Sodium Reduction & Flavor Building
And MORE!

I look forward to seeing you online.

All my best,

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