



# Men Can Cook!

This four-part course will help men find their way around the kitchen without having to ask for directions. Learn basic cooking skills, how to read and prepare recipes, how to plan and make a simple, healthy meal and how to be a smart food shopper. Each week you and your classmates will eat the meals you've cooked.

**4 Wednesdays ~ November 2 - November 30th\***  
**10:30 a.m. - 1:00 p.m. (lunch included!)**  
**at United Church of Christ in Bayberry**  
**215 Blackberry Road, Liverpool**

**\* (class will not be held on 11/23)**

To register for this **FREE** program call:

Onondaga County  
Department of Aging & Youth  
**435-2362 ext. 140 or ext.139**

All ICare classes are free and open to the public.



*Men Can Cook participants and instructor enjoying a meal at Joey's Restaurant during their graduation luncheon in June 2009.*

For more information, or to register please contact the Department of Aging & Youth

(315) 435-2362 ext. 140 or ext. 139

[www.ongov.net/ay](http://www.ongov.net/ay)



ONONDAGA COUNTY DEPARTMENT OF  
AGING AND YOUTH

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