



Nutrition and Cooking Classes

Nutrition information, cooking demos, and delicious recipes

Chesapeake Education Arts and Research Society (CHEARS) is delighted to present:

Let's Beat Breast Cancer

Class 1

**Oct. 11, 2022
6:00-7:30 PM**

[How Foods Fight Breast Cancer](#)

**Greenbelt Community Center, Room 114
15 Crescent Rd.
Greenbelt, MD 20770**

Class 2

**Oct. 18, 2022
6:00-7:30 PM**

[Fueling Up On Low-Fat, High-Fiber Foods](#)

**Schrom Hills Park Meeting Room
6915 Hanover Parkway
Greenbelt, MD, 20770**

Class 3

**Oct. 20, 2022
6:00-7:30 PM**

[Discovering Dairy and Meat Alternatives](#)

**Schrom Hills Park Meeting Room
6915 Hanover Parkway
Greenbelt, MD. 20770**

Class 4

**Oct. 25, 2022
6:00-7:30 PM**

[Cancer-Fighting Compounds & Weight Control](#)

**Springhill Lake Recreation Center Meeting Room
6101 Cherrywood Lane
Greenbelt, MD. 20770**

Class 5

**Oct. 27, 2022
6:00-7:30 PM**

[Foods and Breast Cancer Survival](#)

**Springhill Lake Recreation Center Meeting Room
6101 Cherrywood Lane
Greenbelt, MD. 20770**

ENJOY cooking demonstrations and **TASTE** healthy, delicious dishes

* Register for **all Five Free Classes** [here](#)

