

**INTERACTIVE COOKING  
EXPERIENCE FOR SENIORS!  
WITH DEMO, SAMPLING, AND  
EDUCATION**

**Tuesday, April 23rd 9-11am  
Cape Cod Technical School**



Culinary students from Cape Cod Tech will demonstrate the preparation of a few nutritious recipes, while CNA students will be offering blood pressure and pulse screenings.

**PLEASE COME AND JOIN US  
FOR THIS EXCITING NEW EVENT!**

*Space is limited, enroll now!*

<https://forms.office.com/g/z!6kmcOuVk>



Sponsored by

Eastham Health Department 508-240-5900, ext. 3210

Harwich Health Department at 508-430-7509



**CAPE COD**  
Regional Technical High School

