

ERIE COUNTY DEPARTMENT
FOR THE AGING PRESENTS

COOKING WITH SASS

3 week fun, interactive &
hands-on cooking series

SPACES ARE
LIMITED!
SIGN UP
TODAY!
CALL
716.822.4532

(Smart & Simple Sustenance)

Week 1: Cooking for One or Two

Week 2: Cooking on A Budget

Week 3: Healthy Substitutions

Includes Hands-on
Participant Involvement &
Food Sampling!



With
Erie County
Dept for the
Aging
Chefs!

Tosh Collins Senior Center
35 Cazenovia Ave., Buffalo
Thursdays: 1/22, 1/29, 2/05
Time: 1:00 -2:00 p.m.

ERIE COUNTY DEPARTMENT FOR THE
AGING STAY FIT DINING PROGRAM

716 858 7470 | Janice.Nowak@erie.gov

