Are you sometimes moody or down in the dumps? Are you constantly tired & worn out? Can’t seem to get a grip on your emotions and don’t know why?

Cooking can fun and easy! Did you know what you eat can affect your mental health just as much as your physical health. If you answered “yes!” to any of these questions, these cooking classes are for you!

Learn new and exciting ways of preparing healthy, delicious meals that are cheaper than fast food & that aid in balancing mental health (and of course physical well-being!)

For more information on the program and how you can get involved or sign up for classes or the youth academy, please contact:

Genesis or Gwen
At 808.956.4350
Or visit our website at: www.cds.hawaii.edu/livingtoourpotential

The Center on Disability Studies
University of Hawaii
1776 University Ave.
UA 4-6
Honolulu, HI 96822
or
808.956.4350 - livewell@hawaii.edu

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**THE MAGICAL FRUIT**

Who knows what to do with beans, legumes, and grains? The KCC Chefs do! These are the most affordable and easiest ingredients to use, so come and discover the many uses for them in this cooking class! We promise no boring refried-bean dishes (and no tooting, either!)

March 10, 2012
Kapiolani Community College
4303 Diamond Head Road, Honolulu, HI
the `Ohia building, rooms 109 & 112
from 2:00 – 5:00 p.m.

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**SALADS.**

SALADS. We all know they’re healthy – but Aloha Salads, a Hawaii based company, will put a new spin on them! Watch 3 demonstrations on how to prepare different salads, and then make (and of course eat!) your own salad! These not-so-typical salads are savory and filling, and of course INEXPENSIVE!

March 31, 2012
Aloha Salad’s downtown location
1102 Bishop St., Honolulu, HI 96813
from 11:00 a.m. – 2:00 p.m.

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**SPRING MIX**

Want to live longer? THEN STOP EATING JUNK FOODS! It’s as simple as that. Come learn yummy ways to take advantage of your farmer’s market’s fruits and veggies in this wonderful class at KCC!

April 14, 2012
Kapiolani Community College
4303 Diamond Head Road, Honolulu, HI
the `Ohia building, rooms 109 & 112
from 8:00 a.m. – 12:00 p.m.

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**FLAVORS OF THE MIDDLE EAST**

If you’re not liking all these veggies and fruits you’re seeing above, TAKE NOTE OF THIS: Flavors of the Middles East will teach you how to cook delicious meatballs, pizzas, and orzo pastas (and even dessert)! This class will have your friends & family asking for seconds!

April 21, 2012
Kapiolani Community College
4303 Diamond Head Road, Honolulu, HI
the `Ohia building, rooms 109 & 112
from 8:00 a.m. – 12:00 p.m.

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**SNACKIN’ WITH NIKKI**

Did you know sugar is the Miracle Grow for cancer? EWWW! Don’t panic, go organic!! Nikki Thompson, SuperChef, will teach you delicious, filling, affordable alternatives to all those snacks that contain preservatives, artificial additives, and man-made gunk. This way, you’ll be fueling up on foods that help balance mental, physical, and spiritual health! Did we mention they’re delicious?

STAY TUNED!
You can catch Nikki on our BLOG at http://www.cds.hawaii.edu/livingtoourpotential/eatingwell/

From February through April & also on our miniDVD series!