

# Healthy Cooking Classes

## Utah County

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### **BeWise Cooking classes**

LOCATION: 151 S. University Ave., Provo UT 84601

PHONE: 801-851-7031 or 801-851-7092

COST: Free

DESCRIPTION: The BeWise services are for women 50-64.

WEBSITE: <http://www.utahcountyonline.org/Dept/Health/BeWise/index.asp>

### **Centro Hispano**

LOCATION: 817 S. Freedom Blvd., Provo, UT 84601

PHONE: 801-655-0258

COST: Free

DESCRIPTION: Nutrition classes beginning March 4, and continue every Wednesday at 10:00 run until mid-April; No registration required.

WEBSITE:

<http://www.centrohispanouc.org/OurServices/HealthWellness/WellnessActivities.aspx>

### **Provo Recreation Center**

LOCATION: 320 W 500 N, Provo, UT 84601

PHONE: 801-852-6600

COST: Varies by class. Discounted prices for residents.

DESCRIPTION: Community Gardening and Nutrition Series

WEBSITE: <http://www.provo.org/departments/recreation/youth-adult-programs/cooking-classes>

### **Thanksgiving Point classes**

LOCATION: 3003 N. Thanksgiving Way, Lehi, UT 84043

PHONE: 801-768-4999

COST: Varies

DESCRIPTION: Offers a variety of cooking classes for the public.

WEBSITE:

<https://visit.thanksgivingpoint.org/public/default.asp?cgCode=3&cgName=Cooking%20Classes>

## **Utah Valley University**

**LOCATION:** 800 West University Parkway, Orem, UT 84058

**PHONE:** 801-863-6481

**COST:** Free

**DESCRIPTION:** Monthly cooking/nutrition classes on the first Wednesday of every month at 5:30 PM. Seating is limited; reserve a spot in class by emailing [uvuwellnessprograms@uvu.edu](mailto:uvuwellnessprograms@uvu.edu). UVU students, employees, friends, and community members are all welcome.

**WEBSITE:** <http://www.uvu.edu/wellnessed/nutrition/healthycookingclasses.html>

## **Williams-Sonoma in the Riverwoods**

**Location:** 4801 N. University Ave. Provo, UT 84604

**Phone:** 801-229-1901

**Cost:** Free

**Description:** Classes offered every Saturday, Free Technique Classes are at 9:00AM, Junior Chef Cooking Classes at 11:00 (see website for class details)

**Website:** <http://www.williams-sonoma.com/pages/store-events/store-events.html>

## **USU Extension Cooking Classes**

**Location:** Utah County Administration Building, L700-800

**Phone:** 801-851-8479

**Cost:** varies

**Description:** Variety of different cooking classes through Utah State University. Check website or call for more details on upcoming classes.

**Website:** [http://extension.usu.edu/utah/files/uploads/flyer\\_2015\\_classes\\_2\\_Copy.pdf](http://extension.usu.edu/utah/files/uploads/flyer_2015_classes_2_Copy.pdf)