



Not only a Newspaper, a Community Asset

# The Express

## STEP offers cooking classes to Renovo seniors

LOCK HAVEN – Following successful sessions of the hands-on cooking class, Healthy Aging through Local Harvest, at the Clinton County Community Center and the RiverWalk Center, STEP's Abbey Eschbach is rotating through all of STEP's Centers for Healthy Aging, holding four consecutive weekly workshops at each one.

In 2017, the classes have already been held in South Williamsport, Jersey Shore, Lock Haven, and Loyalsock/Montoursville.

On June 21 and 28 and July 5 and 12, classes will be held at STEP's Renovo Center, located at 415 Fourth St., South Renovo (the South Renovo Fire Hall). Classes are from 12:30 to 2 p.m.

The Renovo classes will focus on delicious summer fare, including pasta salad, BBQ chicken pizza, a baked potato bar, and sweet potato pierogi.

The workshops are FREE, but registration is required.

Participants will leave the class with some new nutrition information, cooking skills, and recipes, plus a tote bag!

Please call your nearest center for more information or to sign up. Interested individuals can also call the class instructor at 570.601.9511.