



# **Bowdoin Street Health Center invites you to join our**

**Interactive Cooking Demonstration Classes**



**WITH “CHOPPED CHAMPION”  
CHEF SABA WAHID DUFFY**



**Upcoming Class Schedule**

|              |               |  |
|--------------|---------------|--|
| <b>11/5</b>  | <b>6p-7p</b>  | <b>Wonton Ravioli with Butternut Squash</b>      |
| <b>11/15</b> | <b>12p-1p</b> | <b>Seared Steak with Mushroom Marsala</b>        |
| <b>11/19</b> | <b>6p-7p</b>  | <b>Thanksgiving Special</b>                      |
| <b>12/3</b>  | <b>6p-7p</b>  | <b>Turkey with Cabbage, Radish &amp; Avocado</b> |
| <b>12/13</b> | <b>12p-1p</b> | <b>Salmon with Fennel &amp; Apple Salad</b>      |
| <b>12/17</b> | <b>6p-7p</b>  | <b>Roasted Chicken with Sweet Potatoes</b>       |
| <b>12/20</b> | <b>12p-1p</b> | <b>Christmas Special</b>                         |

**230 Bowdoin Street, Dorchester, MA 02122**

**To register, call 617-754-0180 or email  
BSHC-CommunityHealth@bidmc.harvard.edu**

***Space is limited and registration is required.***

