

HP Living Well Community/ MMHG Wellness Webinar

Celebrating Hispanic Heritage Through Food



September 16, 2026

1-1:30 p.m

Attend this FREE webinar from your computer, tablet, or smartphone!

In celebration of Hispanic Heritage Month, join us for a cooking demo exploring the rich and diverse culinary traditions of Latin Diaspora. Hispanic cuisines are as varied as the cultures they come from. Learn to prepare dishes inspired by these vibrant culinary traditions while celebrating the flavors, ingredients, and heritage that make them so unique.

No need to register in advance.

Classes are open to everyone at no charge. Access classes at [this link](https://www.harvardpilgrim.org/public/living-well/health-and-wellness-webinars) or <https://www.harvardpilgrim.org/public/living-well/health-and-wellness-webinars>

This webinar is free and open to all.

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