

HP Living Well Community/ MMHG Wellness Webinar

Hearty and Healthy Italian Cooking



October 21st

1-1:30 p.m.

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

In celebration of Italian American Heritage Month, this cooking demo brings the warmth of the Italian kitchen. Learn to prepare hearty, nutritious dishes featuring the bold flavors of Italian American cuisine alongside seasonal fall ingredients. Comforting, wholesome, and delicious - a perfect celebration of food and heritage.

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.

By opening this zoom meeting/link, you agree that this meeting is being sponsored by Harvard Pilgrim Health Care, Inc. and/or its Affiliates ("Harvard Pilgrim"), Harvard Pilgrim shall not at any time or to any extent whatsoever be liable, responsible or in any way accountable for any loss, injury, or damage to be suffered or sustained by any person at any time in connection with or as a result of this class. I hereby release Harvard Pilgrim, its affiliates, subsidiaries, divisions, directors and employees from any and all legal claims arising out of, in connection with or in any way related to my participation in this class.