

HP Living Well Community/ MMHG Wellness Webinar

Caribbean Culinary Traditions



Wednesday, June 10 2026

1:00– 1:30 p.m.

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

In honor of Caribbean American Heritage Month, explore the rich culinary traditions of the Caribbean diaspora. Learn about staple ingredients, their nutritional benefits, and how they're used across diverse Caribbean cooking. Discover the flavors, foods, and cultural heritage that define Caribbean cuisine and contribute to healthful eating.

No need to register in advance.

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

This webinar is free and open to all.

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