

Free Community Education Program

WINTER 2025

Registration is required!



Healthy Weight Management Through Cooking

Date: January 28, 2025

Time: 5:00 p.m. - 7:00 p.m.

Site: Manchester Memorial Hospital

Healthy weight management can be achieved through cooking meals at home. Cooking creatively is a great way for improving one's health and wellness, especially in weight management. Join Registered Dietitians Bridget Sutherland, RDN and Lauren Rosenfeld, RDN, as they explore healthy and practical meals, focusing on low-calorie and nutrient-rich options that support weight management, all while preparing a nutritious meal for your sampling.

Every year, we dedicate time and resources to enhance the overall health and wellness of our communities by offering FREE educational programs to individuals and families. We invite you to join us and our healthcare providers in one of our many health education lectures.



Scan the QR Code to register online
or call 860.533.6550 for assistance.

ECHNSM
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