

Cooking with Care

Culinary Demonstrations for Caregivers

Tuesday, October 18 | 3:00pm PDT - **Okazu for Kazoku**
Monday, November 21 | 3:00pm PST - **Donburi for You and Me**
Monday, December 12 | 3:00pm PST - **Donabe Done Right**

Online on Zoom

Featuring nutritious and simple Japanese meals that can be prepared at home for aging parents or care recipients. A free and live online cooking tutorial geared towards current or future caregivers but open to all.

Register online at www.keiro.org/events
or contact Keiro at 213-873-5708 or programs@keiro.org

Registration opens
Monday, September 12, 2022

