Northwell Phelps Hospital

Cooking Demo and Nutrition Class for EMS

Join us for a special EMS wellness event! Our cooking demonstration will showcase easy, healthy snack ideas and share practical nutrition tips tailored for EMS professionals. Connect with colleagues, enjoy healthy goodies, and get expert advice to fuel your work and wellbeing. Discover recipes from our online cookbook, try local fresh foods, and learn how to make nutritious choices every day. Support your health and the EMS community—bring a friend!
All EMS staff are welcome!

Wednesday November 4th 5:30-6:30pm

@ Hoch Center Phelps Hospital (In-Person Only)

Class # 26-070EMS https://training.westchestergov.com/training/login.do

Questions – (914) 231-1616

Marks event location – 2nd floor Hoch Center for Emergency Education Building #755