

Microwave Cooking Class

In this day and age, 90% of our cooking is in the micro-wave.

We are offering free, easy, low calorie, healthy and low ingredient classes. Starting January 6th, 2010 at 11:00, we will be having micro-wave classes .

They will be informative and easy, so that anyone can start to get away from the high calorie box foods we have become accustomed to. There is a limit of 6 people per class, so you will have to preregister for this class. Please call us at 231-722-3741 to register.



Recovery Cooperative of Muskegon

1855 Peck St.

Muskegon, MI 49441

231-722-3741