



LiveLifeWell
Employee Wellness: Caring for ourselves.

LiveLifeWell Cooking Class FAQs:

Can I cook along during the class?

- Absolutely! After registering, participants receive the recipe(s) and ingredient list one week before the live online class, so feel free to purchase the ingredients and cook with us!

What if I can't attend the live class?

- All of our virtual cooking classes are recorded and shared on the LiveLifeWell YouTube page with the recipe listed in the description below the video. Check out past classes and like your favorites!

I'm a terrible cook – are the virtual cooking classes still for me?

- You bet! Whether you are a newbie in the kitchen or a seasoned pro, we welcome all skill levels and love teaching kitchen basics that get you excited to cook at home.

What if I have specific dietary needs?

- We are here to support you! If you have sensitivities or allergies feel free to reach out to the chef or dietitian ahead of time for substitutions. Managing a health condition? We love questions during class – talking about heart health, diabetes, and well-being is what we do!

How do I sign-up?

- Check out our upcoming classes and register online below. You'll receive an email with a Zoom link for the live cooking class and a follow-up email containing the recipe(s). We'll also send you the link to watch the class recording afterwards!