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**FOR IMMEDIATE RELEASE**

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## **Nonprofits Partner to Offer Healthy Cooking Classes**

Gaithersburg, MD -- Family Services, Inc. (FSI) Montgomery Station's Psychiatric Rehabilitation Program and [Manna Food Center](#) have partnered to offer cooking classes at FSI's commercial kitchen located at 630 E. Diamond Avenue, Gaithersburg, MD 20877.

The monthly classes, which will begin in August 2014, are designed to teach program participants healthier ways to prepare and cook delicious meals. After each class, students can take the prepared meals home with them. The goal is that each will continue to incorporate healthy techniques learned during class into their everyday meal planning and cooking routines.

Montgomery Station program participants are provided breakfast and lunch daily, using the commercial kitchen to store, prepare and cook the meals. In 2013-2014, the program served a total of 28,306 meals.

For additional information about Family Services, Inc., please visit [www.fs-inc.org](http://www.fs-inc.org).

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