**College offering series of healthy cooking classes**

HOLYOKE — Those who have made a New Year’s resolution to eat healthier in 2024 may find a partner in Holyoke Community College.

The college is running a series of noncredit cooking classes this spring focused on diabetes but geared toward anyone interested in learning how to prepare healthier, more nutritious meals.

Classes in the “Nutrition for Diabetes” series run either on Tuesday or Wednesday nights beginning Feb. 7. All classes meet at the HCC MGM Culinary Arts Institute, 164 Race St., Holyoke, and are taught by Marissa Chiapperino, a registered dietician and instructor in HCC’s culinary arts program.

“Certain foods can lower your risk of heart disease and diabetes or help to manage it. Making healthy adjustments to your daily meal plan does not have to be hard or boring,”

Marissa Chiapperino, HCC culinary arts program instructor

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**BARNES AIR NATIONAL GUARD BASE RESTORATION ADVISORY BOARD PUBLIC MEETING**

**January 25, 2024 • 6:00 - 7:30 p.m.**

The Restoration Advisory Board (RAB) for Barnes Air National Guard Base (ANGB) will meet on Thursday, January 25, 2024 at 6:00 p.m. in person, with a virtual option available. The RAB is an advisory group of local community members who meet with Department of Defense representatives to discuss the Environmental Restoration Program, which focuses on investigating and addressing contamination resulting from