Attend a Cooking Demonstration

Autumn’s Abundance

Healthy Fall Favorites
Friday, Nov. 17
3302 Kohrman Hall
12:05-12:55
No-cost cooking demonstration and tasting.

Fall is a perfect time to learn new ways to prepare fruits, vegetables and whole grains at a class presented by Registered Dietitian Gretchen Kauth, Dietetic Intern Melissa Rogers, and undergraduate dietetic students.

Pre-registration is required.
Call Sindecuse Health Center at (269) 387-3263 to register.
Limited seating is available.

Western Wellness
Empowering Employees

Please post until Nov. 16