



## FOOTBALL FOODS Culinary Class

Football season is here! Sign up for this class and learn healthier tweaks for some of your favorite game day foods. On the menu: buffalo chicken dip, chicken wings, nachos and more.

Class is at 5:30 pm on Tuesday, September 10<sup>th</sup>.  
Cost is \$30 for members and \$40 for nonmembers.  
Call 217-214-5858 to sign up. Class size is limited.

*\*If you have any food allergies, please reach out to our dietitian prior to signing up.*

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**Wellness Center**

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