



CHRISTMAS TREAT EXCHANGE

In this class every station will make different Christmas treats (*with healthy twists*). At the end of class, everyone will go home with a platter of sample treats from every station along with all recipes.

A hot cocoa bar will be provided for participants.

Tuesday, December 10th at 5:30 pm

Cost is \$30 for members and \$40 for nonmembers.

Call 217-214-5858 to sign up.

Class size is limited.

B *BLESSING*
Wellness Center

blessinghealth.org/wellnesscenter