



CHRISTMAS KIDS' FOOD ART CLASS

Wednesday, December 11th

5:30 pm

Cost is \$15 per child. Ages 4-10 welcome.

Call 217-214-5858 to sign up.

Class size is limited.

Parents may workout in the gym while their children are in class.

Please reach out to our dietitian prior to signing up if your child has a dietary restriction.

B BLESSING
Wellness Center

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