



## BREAKFAST Culinary Class

Do you struggle with getting protein and fiber in at breakfast? Sign up for this class and prepare: buffalo chicken egg casserole, sweet potato breakfast casserole and apple cinnamon baked oatmeal. These recipes are sure to turn any night owl into an early bird! Bring an apron.

Class is at 5:30 pm on Tuesday, January 21st.  
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.*

**B** **BLESSING**  
**Wellness Center**

[blessinghealth.org/wellnesscenter](http://blessinghealth.org/wellnesscenter)