



WINTER WONDERLAND KIDS' FOOD ART CLASS

Wednesday, January 22nd at 5:30 pm
Cost is \$15 per child. Ages 4-10 welcome.

Call 217-214-5858 to sign up.
Class size is limited! Sign up early.

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

blessinghealth.org/wellnesscenter