



SOUP'S ON Culinary Class

January is National Soup Month and a wonderful time to celebrate the flavors and nutrition that can be found in a bowl of warm soup. Participants will prepare 3 delicious soups and fun complementary sandwiches.

Tuesday, January 7th 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