



# Wellness Center Junior Chef Program

Do your kiddos like to help out in the kitchen? Sign them up for this hands-on culinary program! Each week your child will learn basic kitchen skills combined with nutrition education in a fun class led by our registered dietitian!

This 4-class program is for youths aged 11-14.  
Classes are 5:30-6:30 pm every Tuesday in February.  
Cost is \$100.  
Class size is limited.  
Call 217-214-5858 to sign up.

*\*If your child has any food allergies, please reach out to our dietitian prior to signing up.*

**B** **BLESSING**  
**Wellness Center**  
[blessinghealth.org/wellnesscenter](http://blessinghealth.org/wellnesscenter)