



HEART MONTH KIDS' FOOD ART CLASS

Wednesday, February 19th 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.

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

B *BLESSING*
Wellness Center
blessinghealth.org/wellnesscenter