



Meal Prep Culinary Class

Burned out with meal prep? Sign up for this culinary class where we will make three different chicken salad recipes. Each participant will take home six meals for the week.

Class is at 5:30 pm on Tuesday, March 18th.

Cost is \$30 for members and \$40 for nonmembers.
Call 217-214-5858 to sign up. Class size is limited.

If you have a food allergy, please reach out to our dietitian prior to signing up for class.