

Gobble & Gains Culinary Class

Wednesday, November 5 | 5:30 pm

Celebrate the season with flavor and wellness! In this hands-on cooking class, we'll explore nutritious twists on Thanksgiving favorites that support your health goals without sacrificing taste.

Cost: \$30 per member,
\$40 per non-member

Class size is limited. Please bring an apron.

Must be at least 16 years old to attend.

To register, call **217-214-5858**.

*Please contact our dietitian with any food allergens prior to signing up for class.