

Fall Harvest Bowls Culinary Class

Tuesday, November 18 | 5:30 pm

Celebrate the season with vibrant, nourishing ingredients in this hands-on cooking class focused on creating customizable Fall Harvest Bowls. Packed with whole grains, roasted veggies, lean proteins and flavorful dressings, these bowls are perfect for meal prep, lunch breaks, or cozy dinners that support your wellness goal.

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.