



## Family Meal Prep Night

September is Family Meals Month, and we are celebrating at the Wellness Center with FAMILY NIGHT in the kitchen. Prepare a fun and balanced meal together as a family without having to do the grocery shopping or any of the clean-up. Families will enjoy their meal at the end of class!

**Wednesday, September 24th | 5:30 pm**

**Cost: \$40 per family (members only)**

Participants must be at least 12 years old. Class size is limited.

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

\*If you have any food allergies, please reach out to our dietitian prior to signing up.