

Mini Meals Culinary Class

Wednesday, August 27 | 5:30 pm

This class will feature perfectly portioned meals suitable for anyone taking GLP-1s.

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.