



# Balanced Bites Culinary Class

**Wednesday, March 25 | 5:30 pm**

Sign up for this supportive, hands-on culinary class focused on balanced and easy-to-tolerate meals without overwhelming portions.

**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.