



# Seafood 101 Culinary Class

**Wednesday, March 4 | 5:30 pm**

Are you looking for some easy dishes incorporating seafood? Sign up for our Seafood 101 Culinary Class. Encourage a friend to join and bring an apron!

**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.