Perimenopause Culinary Nutrition Program

Join our dietitian for this hands-on 4-class program in our Wellness Center Kitchen and learn the impact food can have on managing perimenopause symptoms along with which nutrients are of upmost importance during this time of life. Participants will prepare nutritious meals and snacks during every class to enjoy at the end of class and take home.

Every Tuesday in April | 5:30 pm

Cost: $110 per member, $130 per non-member

Class size is limited. Must be at least 16 to attend. To register, call **217-214-5858**.

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

BLESSING Wellness Center