

3-Class “Chia Powered” Culinary Nutrition Series

Tuesdays in October (6, 13 & 20)
5:30 pm

Learn how chia seeds can boost fiber, support gut health, and provide lasting energy in this dietitian led culinary class. Enjoy simple, tasty ways to use chia in everyday meals, plus easy recipes and practical tips you can use right away.

Cost: \$80 per person

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.