



Prep, Freeze, &
BOOST YOUR TEAM!

Host your next team event at the Blessing Wellness Center for a fun, productive, and delicious freezer meal workshop!

Work with our dietitian to customize an event that fits your team best!

DETAILS

Save Time: Leave with meals for your family.

Team Building: Collaborate and connect in a relaxed setting.

Eat Well: Stock up on healthy, delicious dinners.

Fun & Easy: We handle the logistics, you have the fun!

Please bring a cooler to take your meals home.

B ***BLESSING***
Wellness Center

Call the Wellness Center today at **217.214.5858**