



GLP-1 Meal Prep Culinary Nutrition Program

Join our Registered Dietitian for this hands-on 4-class series in our Wellness Center Kitchen and experience the benefits of nutrition and meal prepping. Participants will prepare mini-meals to enjoy during class and take home.

Every Wednesday in June | 5:30 pm

Cost: \$120 per person

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.