



# Weight Management Culinary Nutrition Program

Sign up for our 4-week interactive culinary nutrition program designed to help participants build sustainable habits for healthy weight management. Participants will learn practical cooking skills, meal planning strategies and evidence-based nutrition principles to support a healthier lifestyle. Each session combines hands-on meal prep and nutrition education to show that healthy eating can be enjoyable and achievable. Participants can plan on having food to enjoy at the end of each class and some meals to take home also.

**Every Tuesday in August | 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.