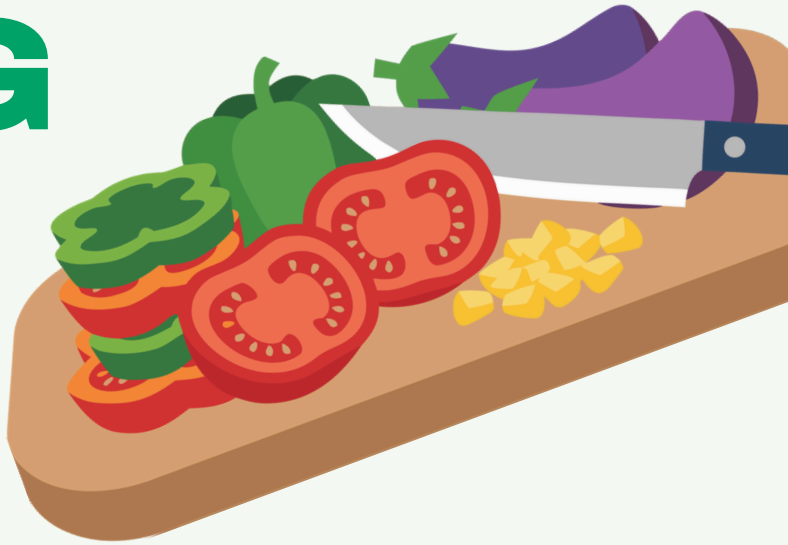
JOIN US FOR A FREE COOKING DEMO



Join us for a free cooking demonstration with a registered dietician and a chef. Learn easy, healthy recipes you can make at home! Scan the QR code to register.

October 27th : 5pm-6pm

Cooking Demo with Elise

October 29th : 6pm-7pm

Cooking Demo with Chef Brown

Location: 2505 N Arlington Ave