

JOIN US FOR OUR NEXT
COOKING CLASS

**FEBRUARY 12TH @12PM
3RD FLOOR OF MHC
(WELLNESS CENTER)**

MENU: TACOS



JOIN OUR DIETITIAN, DR.
SUSAN DETHMAN FOR A
COOKING CLASS

**FEBRUARY 20TH @3PM
3RD FLOOR OF MHC
(WELLNESS CENTER)**

MENU: HEART HEALTHY RECIPES

