

JOIN US FOR OUR NEXT  
COOKING CLASS

**MAY 14<sup>TH</sup> @12PM**  
**3<sup>RD</sup> FLOOR OF MHC**  
**(WELLNESS CENTER)**

**MENU: STEAK TIPS + VEGGIES**



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

**MAY 22<sup>ND</sup> @12:30PM**  
**3<sup>RD</sup> FLOOR OF MHC**  
**(WELLNESS CENTER)**

**MENU: SALAD**

LEARN HOW TO MAKE A BETTER SALAD THAT  
ACTUALLY FILLS YOU UP!

