



GLP-1 Meal Prep Culinary Nutrition Program

Join our Registered Dietitian for this hands-on 3 week class series in our Wellness Center kitchen and experience the benefits of meal prepping.

Thursday, September 11, 18 & 25 | 5:30 pm

Cost: \$100 per member; \$120 per non-member (Each participant will receive a complimentary nutrition consultation with our dietitian)

Class size is limited. To register, call **217-214-5858**.

*If you have any food allergies, please reach out to our dietitian prior to signing up.