



Perimenopause Culinary Nutrition Series

Join our dietitian for this hands-on 4-class series in our Wellness Center Kitchen and discover the impact food can have on managing symptoms along with which nutrients are of upmost importance during this time of life. Participants will prepare nutritious meals and learn evidence-based strategies for overall health.

Every Tuesday in June | 5:30 pm

Cost: \$140 (Each participant will receive a complimentary nutrition consultation)

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