

# “Build Your Own Bowls” Culinary Class

Wednesday, January 28 | 5:30 pm

Take your meals to the next level with customizable, nutrient-packed bowls! In this interactive culinary class, you'll learn how to create delicious, balanced bowls that combine lean proteins, vibrant veggies, whole grains and flavorful toppings. Learn tips for prepping ingredients ahead to make bowl-building quick, easy and stress-free. Participants will get hands-on experience assembling their own bowls with a variety of fresh, wholesome ingredients—perfect for lunch, dinner or meal prep.

**Cost:** \$30 per member,  
\$40 per non-member

Class size is limited. Please bring an apron.  
Must be at least 16 years old to attend.  
To register, call **217-214-5858**.

\*Please contact our dietitian with any food allergens prior to signing up for class.