



Fiber for Fullness Culinary Class

Wednesday, January 21 | 5:30 pm

Discover the power of fiber to help you feel full, energized and nourished! In this interactive culinary class, you'll learn how to prepare **simple, tasty recipes packed with fiber** that support satiety, digestive health and overall wellness. We'll explore the science behind fiber—why it's essential for weight management and gut health—and then bring it to life with practical cooking tips and easy meals you can enjoy every day. Perfect for anyone looking to curb cravings, boost nutrition, and make healthy eating more satisfying!

**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.