

Healthful Holiday Swaps Culinary Class

Tuesday, December 9 | 5:30 pm

Celebrate the season without compromising your wellness goals! In this hands-on culinary class, we'll explore simple, delicious swaps to lighten up traditional holiday favorites—without sacrificing flavor or festivity. Learn how to boost nutrition and incorporate more whole foods into your holiday recipes. Whether you're hosting or contributing a dish, you'll leave with practical tips, recipes and the confidence to make your holidays both nourishing and joyful. Perfect for all skill levels—come hungry to learn and leave inspired!

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.