

2-Class “Anti-Inflammatory” Culinary Nutrition Series

Wednesday, November 4 & 11 | 5:30 pm

Learn how everyday foods can help support inflammation and overall well being in this two part, dietitian led culinary series. Through simple, hands on cooking and evidence based nutrition guidance, participants will explore anti inflammatory ingredients, practical meal ideas and realistic strategies for enjoying flavorful, nourishing meals at home—without restriction or perfection.

Cost: \$60 per person

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.