

Balanced Bites & Holiday Delights Culinary Class

Wednesday, December 9 | 5:30 pm

A festive nutrition class focused on enjoying holiday foods while maintaining balance. Learn practical tips for mindful eating, meal balance, and savoring seasonal favorites without stress or guilt.

Cost: \$35 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.