

Join us for FREE cooking demonstrations.



April 23 – Spring is in the Air

June 18 – Cookout 101

August 20 – Back to School

October 8 – All Things Fall

November 12 – Happy Healthy Holidays

Mondays from 5:30 to 6:30 pm

Center for Health Living

1004 Health Center Drive, Suite 212

Please call 217-238-4893 or email kadams@sblhs.org to reserve a seat.

 **Sarah Bush
Lincoln**