

# FREE COOKING CLASS

"It's not a quick fix. It's a lifestyle."

Tuesday (Introduction to MyPlate)  
09.18.18

Tuesday (Vegetarian Eating)  
10.09.18

Tuesday (Healthy Eating at the Holidays)  
11.13.18

All classes are 4:00 pm - 5:30 pm

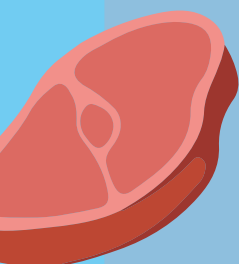
FREE for KU students.

Includes nutrition education + HANDS ON cooking lesson.

Space is limited

RSVP to:

Aftan Jameson  
ajameson@ku.edu



BEak HEALTHY!

KU  
WATKINS  
HEALTH SERVICES

The University of Kansas



Dining Services

If you require a reasonable accommodation in order to participate in these events, please contact Aftan Jameson at ajameson@ku.edu.