

FREE COOKING CLASS

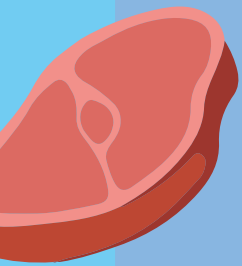


"It's not a quick fix. It's a lifestyle."

Monday (Introduction to MyPlate)
03.12.2018



Monday (10 Tips to Dining Out)
04.9.2018

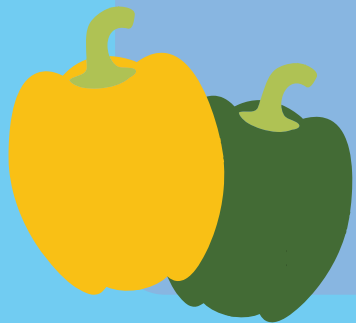


Classes are FREE for KU students.
They are held from 4:30-6 pm.
Includes nutrition education +
HANDS ON cooking lesson.



Offered by Watkins Health Services

Space is limited
RSVP to:
Aftan Jameson
ajameson@ku.edu



BEak HEALTHY!

KU
THE UNIVERSITY OF
KANSAS

Watkins Health Services



Dining Services

