

OPEN TO
FACULTY,
STAFF,
STUDENTS,
RETIREES,
AND EMERITI

Elevate Your Well-Being

The Eat Well Series Workshop

Session 1: Easy and Healthy Breakfast and Lunch

Overnight Oats and Chicken/Tofu Fajita Bowl

Thursday, October 10th at 12:00 p.m.

Session 2: Fancy and Delicious Healthy Dinner

Salmon Papillote (2 versions)

Thursday, October 17th at 12:00 p.m.

Session 3: Healthy Snacks and Knife skills

Tuna/Chicken Salad, Knife Skills and Fresh Fruit Sorbet

Thursday, October 24th at 12:00 p.m.

Session 4: Soup Du Jour

Jamaican Sweet Potato Pumpkin Soup

Thursday, October 31st at 12:00 p.m.

Session 5: Questions and Answers

Questions may be submitted on the online interest form

Thursday, November 14th at 12:00 p.m.

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CODE TO
REGISTER

