

A Cooking Class by UK Health & Wellness

Fast, Fresh, Fabulous



Join us for a “hands on” cooking class where you will practice four fast and healthful cooking techniques. We’ll guide you through the process and give you helpful cooking tips along the way.

All attendees will receive light refreshments, a packet of recipes, and containers for taking your food home.

Date: Wednesday, April 30th

Time: 5:15-7:00 pm

Location: 202 Erikson Hall

Cost: \$10 (mail to: UK Wellness, 116A Seaton, 0219)

To register, call 257-9355.

Space is limited, so reserve your spot today!

