

HEALTHY COOKING FOR ONE OR TWO

Date/Time: May 19th, 2016 from 10-11 am

Where: WAFER classroom

****Reservations Required:** Sign up at WAFER, by phone at 608-782-6003, or by email at info@waferlacrosse.org
(all participants will receive a gift for attending)

Take home...
Recipes, tips,
new ideas,
ingredients for
a recipe, and a
saucepan.



**Don't miss this awesome opportunity to learn from
UW-Extension Office Dietetic Educators!**

