

Sandwich Secrets Unwrapped

Come and Meet this healthy sandwich recipe. Lettuce guide you through a meat-ing of the minds where we'll "bun'-dle up some knowledge in this sandwich making extravaganza. This classic lunchtime staple has an ideal balance of all your macronutrients to sustain you through your workday into those long, activity-filled summer evenings.

Thursday, August 22
Noon – 1 p.m.

Register Here

Can't make it? That's okay!
Register anyway and we'll send you the recording after the show and to be entered in a raffle for a free cook!

Questions? Contact wellness@phs.org



**The Florida
vacation sandwich**