

A Noodle-Y Adventure

It's a pasta party and everyone's invited to the saucy shenanigans. Our Registered Dietitian will share why "carb" is not a 4-letter word and doesn't have to be vilified in the wellness world—it can be part of a health-promoting diet! Come along for the rollercoaster ride of al dente delights and pasta puns galore.

Thursday, October 24
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



**Easy ricotta ravioli with
lemon herb corn**



SCAN ME