



COOKING SHOW

Food Trends Made Nourishing

THURSDAY
OCTOBER 26
NOON - 1:00 PM



Tik Tok, Instagram, Pinterest—we've probably all seen certain food trends go viral, but are they both tasty AND nourishing? This October demo will reveal all the tricks to treating yourself to the online recipes that are worth the hype and will also support your health.



Register [HERE](#), or scan the QR Code with a smart device.



SCAN ME

Can't make it? It's ok, register anyway and we'll send you the recording after.

Questions? Contact wellness@phs.org