

## Kick Up Your Heels and Salsa

Why not celebrate with this low-calorie dish that not only tastes delicious, but ignites your metabolism with a little fiber and spice? This colorful and easy-to-prepare dish will have your friends and family dancing their way over for more.

**Thursday, May 23**  
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](mailto:wellness@phs.org)



**Spicy shrimp tacos with  
jalapeno-mango salsa**