

## Dough My Goodness

Rise to the occasion on this adventure to crumb-pletely satisfy your body's need for heart-healthy filling fiber and omega-3 forward fatty acids. Loaves of fun will abound on this crusty quest.

**Thursday, November 14**  
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 you'll be entered in a raffle for a free cook!



**Questions?** Contact [wellness@phs.org](mailto:wellness@phs.org)



**Seeded whole-grain bread**