

# Cooking Show



## Stackin' Pancakes & Sippin' Smarts: Fuel for Muscles and Minds

June emphasizes men's health and brain awareness, with recipes designed to sharpen focus and fuel the body. These meals pair protein, fiber, and healthy fats to support muscle health, digestion, and cognition. Together, they highlight how simple, wholesome ingredients can supercharge both mental and physical performance.

**Thursday, June 25**

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!

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

