

# Cooking Show



## **Greens, Beans, & Berry Dreams: Eating Well for Mind & Mood**

May celebrates fresh starts on the plate, aligning with National Salad Month and Strawberry Month. These recipes highlight ingredients that support detox, mental health, and women's wellness while delivering plenty of flavor. With crisp vegetables and nutrient-dense dips, this month proves that food can be both restorative and indulgent when approached with balance.

**Thursday, May 28**

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)

