

Cooking Show



Garden Glow & Chocolate Flow: Stress Relief & Mindful Indulgence

April blossoms with recipes that showcase balance: the grounding power of garden-fresh veggies and the calming comfort of chocolate. Stress Awareness Month reminds us that nourishing both body and soul is key, and these dishes pair antioxidants, fiber, and hidden superfoods in creative ways. This month proves that vibrant veggies and mindful indulgence can live happily side by side on a pizza.

Thursday, April 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!

Questions? Contact wellness@phs.org

