

Cooking Show



Sandwich Zen for Wellness Wins: Wrap It, Melt It, and Love It

August brings balance through the simplicity of sandwiches—one light and crisp, the other gooey and comforting. Both recipes embody wellness month by blending nourishment with enjoyment, offering easy, balanced meals that reduce stress and encourage mindful eating. These dishes remind us that sometimes simple really is best.

Thursday, August 27

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

