

Cooking Show



Noodle Your Way to a Balanced Plate

March highlights nutritional education with recipes that balance energy, flavor, and rest. This month, noodles and peanuts bring comfort while fiber and healthy fats provide gut support and sustained energy. With a colorful main course and a decadent yet nourishing dessert, these recipes demonstrate how balance, not restriction, creates the foundation for long-term wellness.

Thursday, March 26

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

