

You're Invited!!!

### **Healthy and Balanced Cooking and Prep Workshop**

Do you struggle with trying to find healthy balanced meals ... let alone trying to learn HOW to even make them?!?! Now is your opportunity to join in on this **Cooking Workshop** where you will not only learn how to make 6-7 healthy recipes, but you will also get to sample all of them. In addition, you will take home a cookbook with all the recipes that you learned so will know exactly how to make them at home for your family!!!

#### **When:**

Sunday, March 26th

#### **Time:**

1:00 pm – 4:00 pm

#### **Where:**

Tremont Area Park District  
210 S Sampson Street  
Tremont, IL 61568

#### **Fee:**

Workshop Fee is \$50.00

Brought to you by

**Kelli Bonomo**

*Nutrition Coach and Personal Trainer*

*Owner Nutrition 360 / Vault360 Studio*

[www.kellibonomo.com](http://www.kellibonomo.com)

RSVP: 309.925.3811