

Meals in Minutes

FREE

**Cooking
demonstration, food
samples, delicious
recipes & more!**



**Thursday, March 19
11:30 a.m. – 1 p.m.
Atrium**

Sponsored by Health Promotions Programming
For more information, please contact Megan McClaire, health promotions assistant
at (708) 709-7897, or room 1261

 **Prairie State College**

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