

COZY CASSEROLES

COOKING SHOW

Healthy and Savory One-Dish Meals!

Casseroles are an easy one dish meal that can feed the whole family. When you are short on time, let the oven do the heavy lifting of cooking your meal and warming your home. Join us as we create nutrient packed versions of some classic casserole meals.

Thursday, November 18

12:00 p.m. - 1:00 p.m.



SCAN ME



To Register, [click here](#), or scan the QR code with your smart phone.

Questions? Contact wellness@phs.org



The
Solutions
Group