



CATCH OF THE DAY

COOKING SHOW

Let's make some simple seafood, together!

Join us as we create two simple and colorful dishes centered on seafood that let you off the hook from spending hours in the kitchen.

Thursday, August 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