

## Ease into the new year

**THURSDAY**  
**JANUARY 26**  
NOON - 1:00 PM



After the holiday hustle and bustle, it's oh-so-easy to let these recipes do the work! You can count on a single pot or slow cooker to take on the bulk of the preparation by embracing a short, nourishing ingredients list. Simple doesn't have to mean bland, however—these stress-free staples will have you reaching for seconds.



**[Register HERE](#)**, or scan the QR Code with a smart device.

Can't make it? It's ok, register anyway and we'll send you the recording after.

Questions? Contact [wellness@phs.org](mailto:wellness@phs.org)



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