



TIME FOR GOOD MOOD FOODS

COOKING SHOW

Yes, there are foods that do lift your mood!

Do the shorter days have you feeling down? These recipes are packed with nutrients that play a festive role in lifting your mood.

Thursday, December 15

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



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

Questions? Contact wellness@phs.org



The
Solutions
Group