

# OH MY GOURD, IT'S FALL!

## COOKING SHOW



### Gourds aren't just for decorating and carving!

Fall brings shorter days and cooler temperatures outside so let's create warm recipes with seasonal ingredients. Join us as we explore fun ways to prepare tasty recipes using pumpkin, squash, and melon.

**Thursday, October 21**

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](mailto:wellness@phs.org)

