

# LIVE COOKING DEMO!

## Simple, Low-Cost Sheet Pan Dinners

December 8 at 3:30 PM MT

Join Good Measures registered dietitian April Jackson for a live, online cooking demo.

- Learn how to make quick sheet pan dinners that even the pickiest eaters love.
- Get answers to your nutrition, food, and weight management questions.

You won't want to miss this fun, interactive session!

### SIGN UP IN ADVANCE:

<https://phs-org-corp.zoom.us/meeting/register/tJAtdU-trTkVgtPe8JNwsM3b3pAzMlfYIzeh>

After registering, you will receive a confirmation email with all the information you need to join.

Learn more about Good Measures health, weight management, and nutrition programs included in your benefits: [nmpsia.goodmeasures.com](https://nmpsia.goodmeasures.com)

