



Join Memorial Hospital's Health & Wellness Team for

Together at the Table

**Sponsored by The Tracy Family Foundation with
Education from The Family Dinner Project Initiative**

In this workshop, your kids will gain knowledge on hospitality and how restaurants function with our Director of Hospitality, Brad Culpepper. They will also spend hands-on time in the kitchen preparing a full meal, with leadership from Head Chef, Amber Clark. Each child must invite two adults to come at 11:00 AM to enjoy the meal and learn more about **The Family Dinner Project** from Registered Dietitians Ashlyn Housewright & Julie Shoemaker.

Kids will arrive at 9:00 AM and two adults invited by each child will arrive at 11:00 AM. The event will wrap up around 12:00 PM.

July 22nd - 2nd & 3rd grade

July 30th - 4th & 5th grade

July 31st - 6th - 8th grade

**Health & Wellness Center at Memorial Hospital
1454 N. Co. Rd. 2050, Carthage, IL**

