

Memorial Hospital's Health & Wellness Center Presents



Summer Teaching Kitchen Events

Memorial Hospital's Health & Wellness Center
1454 N. Co. Rd. 2050, Carthage, IL 62321 | MHTLC.ORG



July 30 Tuesday

Together at the Table
9:00 AM - 12:00 PM | 4th & 5th Graders

Free

July 31 Wednesday

Together at the Table
9:00 AM - 12:00 PM | 6th - 8th Graders

Free

August 7 Wednesday

Storytime & Snack Making
10:00 AM - 11:00 AM | PreK - 2nd Grade

Free

August 8 Thursday

Meals with Memorial: Prep & Go
5:30 PM - 6:30 PM | Ages 18 and Up

\$200
10 Meals



Register Now!



Online Registration Required for All
Summer Teaching Kitchen Events
Questions? Call us: 217-357-6540

H&W Team



Meet our Health & Wellness Team



Health & Wellness Center Services

Memorial Hospital's Health & Wellness Center
1454 N. Co. Rd. 2050, Carthage, IL 62321 | MHTLC.ORG



HEALTH & WELLNESS SERVICES INCLUDE:

- Individualized Diabetes Education & Support
- Continuing glucose monitoring education with Type 1, Type 2, and Gestational Diabetes
- New Beginnings Medicare Weight Loss Program
- Weight Management & Medical Nutrition Therapy
- Nutrition Education for all ages and stages of life
- Lactation Services
- Lifestyle Medicine
- Wellness Coaching
- Teaching Kitchen Opportunities



Register Now!



Online Registration Required for All
Summer Teaching Kitchen Events
Questions? Call us: 217-357-6540

Events

