

# The Best of Fall Foods

with Chef Amber Clark and  
Registered Dietitian Ashlyn  
Housewright



*Fri. September 27*  
*10 am - 12 pm*

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Kick off the fall season making some wonderful fall foods! Participants will make a fabulous fall lunch instructed by Chef Amber and learn about nutrition benefits from Registered Dietitian Ashlyn Housewright.

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**Who** - For ages 18 and older. Class will be limited to 10 participants.

**Cost** - \$35 per participant. Includes lunch, recipes, and giveaways.

**Where** - Memorial Hospital's Health & Wellness Center, 1454 N. Co. Rd. 2050, Carthage, IL



Scan now  
to register!