



Memorial Hospital's
Health & Wellness
Center Presents

Meals with Memorial PREP & GO!

Does your life get a little hectic in the spring? Want to plan for the upcoming busy season? Let Memorial Hospital's Health & Wellness Team help you nourish your family by taking meal planning and prepping off your plate!

WHEN:

Thursday, March 27, 2025
from 5:30-6:30 PM

LOCATION:

Memorial Hospital
Health & Wellness Center
Teaching Kitchen
1454 N. Co. Rd. 2050
Carthage, IL

COST:

\$200 for 10 meals
Each meal will yield 4-6
servings

ONLY 15 Spots Available!

THIS WORKSHOP INCLUDES THE FOLLOWING MEALS:

- Beef Ragu*
- BBQ Pulled Pork
- Chicken French Dip Sandwiches
- Fiesta Chicken
- Meatball Vegetable Soup
- Tortellini Sausage Skillet
- Breakfast Burritos**
- Shrimp Fajitas
- Chicken Gnocchi Soup**
- Slow Cooker Pepper Steak

*Prepared ahead by Chef Amber!

**Prepared ahead by Health & Wellness Team

Instructors:
Ashlyn Housewright, MHA, DRN, LDN, CDCES
Julie Shoemaker, MS, RDN, LDN, CLC
Chef Amber Clark, Head Chef



Sign up by Scanning Here!

