

## Healthy Southern Cooking Class



VIDANT HEALTH™

- Where: Vidant Medical Center - Inpatient Rehabilitation, New Horizons Square Kitchen, Room # 1RH 630
- When: Monday 3<sup>rd</sup> April, 2017
- Time: Registration **5:30pm in Inpatient Rehabilitation Lobby** (behind James and Connie Maynard Children's Hospital)
- Who: Anyone who would like to learn how to make their southern cooking recipes more healthy
- Cost: \$5.00 per person (includes demonstration and dinner)
- Sponsored by: STAR (Support Team for Active Recreation)
- R.S.V.P by **3/31/2017** to Helen Houston (252) 847- 9424 (15 seats available)

