

Healthy Southern Cooking Class



VIDANT HEALTH™

- Where: Golden Corral Kitchen in the Rivers Building on ECU Campus.
1101 E. 5th St.
- When: Saturday, June 30, 2018
- Time: Registration **5:30pm**.

- 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 **6/15/2018** to Helen Houston (252) 847- 9424 (15 seats available)

