



LEARN to make
healthy &
affordable meals

SHARE a meal
with the
workshop group!

COOK a healthy
recipe each week

TAKE home five
serving to your
family and friends!



Five Times A Feast

**Where: Shepherd's Clinic
Joy Wellness Center**

**When: Twice a month, every other week
Friday March 8, 2019 – May 17, 2019
1:30pm – 3:00pm**

The program is **FREE** but you must register in advance by contacting: **410-467-7140 ext. 240**

Joy Wellness
Center



THE INSTITUTE FOR INTEGRATIVE HEALTH