

Do You Want to Learn How to Prepare Healthy Meals?



Wednesday's at
5:30 p.m.
Starting on the
11th of October



The Dips Program is doing a cooking Challenge for the month of October. Join and learn to make dishes that are delicious and healthy. Come by the DIPS Program to sign up for this challenge and earn an incentive at the end of the program. For more information please call the Program at 782-3091.

