

MCPS Well Aware presents

A Seasonal Cooking Demonstration

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Are you looking for some healthy holiday recipes? Follow along with this seasonal cooking demonstration. Our chefs will create a healthy meal based on the winter season while providing an interactive demonstration with cooking and nutrition tips.



- **THURSDAY,**
DECEMBER 18, 2025
5:00 p.m. Webinar

PLEASE REGISTER for this webinar by emailing
wellness@mcpsmd.org for the log-in information.

