

FREE!

WHAT'S FOR DINNER?

In our next cooking essentials class learn how to maximize nutrition, reduce costs, and always have something for dinner from your pantry.

**Tuesday,
December 3
5 p.m. to 7 p.m.**

**Tomah Health
Classroom 1B**

**501 Gopher Drive,
Tomah, WI 54660**

Register by calling Whitney at
608-377-8615 or email
wsanjari@tomahhealth.org.

Register by November 26!

