

**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,  
February 25  
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](mailto:wsanjari@tomahhealth.org).

**Register by February 18!**

