

Single with Cancer: Healthy Cooking for One!

Limited to 12
6:00-8:00 PM

DATE CHANGE TO MONDAY AUGUST 9TH

RSVP 314-238-2000 or www.wellnesscommunitystl.org



Do you find yourself eating cereal standing over the kitchen sink during the dinner hour? Charli is extending her popular ***Single with Cancer*** series to include this demonstration of cooking strategies for single survivors designed to promote a healthier lifestyle. **TWC Registered Dietician, Julie Noel will be present for the beginning of this program to answer any questions regarding nutrition.**

**This program made possible by a generous donation from the Blake Foundation.*