

The Jerry Pass Cooking for Wellness Series-**RSVP**

Limited to 12 people! Register early!



Bridgette Kossor (the "Singing Chef" and Founder of "Food From the Ground Up" www.FoodFromTheGroundUp.com) is back with tunes and tips on cooking for wellness!

Thursday, March 4 • 6:00 – 8:00 PM - **RSVP**

Come Out of Hibernation and Spring into Action!

Food and information to help bring out the rising energy of Spring inside of you. Get ready to wake up, clean out and feel the pep!

Thursday, April 8 • 12:00-2:00 PM - **RSVP**

Satisfying Soups:

Savory and Sweet Soups, made from wholesome and fresh ingredients that support your daily, inner balance by gathering or expanding your energy. Soups are harmonious dishes that are integral to balanced meals.

Monday, May 17 • 6:00-8:00 PM - **RSVP**

Green, Fresh, and Local!

The month of May brings the beginning of new and fresh greens, along with other spring veggies poking out of the ground, into the sunlight. Learn how to prepare scrumptious, yet simple meals with fresh, alive, and local produce that we have waited all winter to eat!

Thursday, June 10 • 12:00-2:00 PM - **RSVP**

The Energy of Summer:

As the sun rises high in the sky and daylight is longer, it's time to shift our eating choices to stay in harmony with nature's cycles. We will make refreshing, light, and cooling dishes that keep us fluid on the inside as it heats up outside, using foods that are local and organic.

**Please RSVP to [The Wellness Community 314-238-2000](tel:314-238-2000)
or register online at www.wellnesscommunitystl.org**

*The Jerry Pass Cooking for Wellness Series is made possible
due to a generous donation from Jeanne Pass.*