

Healthy Food Workshop



Learn more about how you can help support healthy eating!

Healthy Rowan presents a Healthy Food workshop for Rowan Helping Ministries volunteers, members of the faith community, and all community members interested in learning more about how to help support healthy eating!

We are offering two sessions:

January 17th or **January 19th** from **2:00pm to 4:00pm.**

You only need to attend one.

Workshop will be held at:

Jeannie's Kitchen at Rowan Helping Ministries
217 N Long St., Salisbury, NC 28144



Healthy Food Workshop



Learn more about how you can help support healthy eating!

Healthy Rowan presents a Healthy Food workshop for Rowan Helping Ministries volunteers, members of the faith community, and all community members interested in learning more about how to help support healthy eating!

We are offering two sessions:

January 17th or **January 19th** from **2:00pm to 4:00pm.**

You only need to attend one.

Workshop will be held at:

Jeannie's Kitchen at Rowan Helping Ministries
217 N Long St., Salisbury, NC 28144



To register, visit <https://goo.gl/forms/re5M70H1YRdHhXMN2>



To register by phone, please contact

Alyssa Smith at 704-920-1276 or
Alyssa.Smith@HealthyRowan.org



To register, visit <https://goo.gl/forms/re5M70H1YRdHhXMN2>



To register by phone, please contact

Alyssa Smith at 704-920-1276 or
Alyssa.Smith@HealthyRowan.org

