



Please Join Us in Celebrating Good Health!

VIRTUAL COOKING DEMONSTRATION

BBQ WELL - SIDES, SAUCES, & MAIN COURSES

JUNE 26TH

12:00PM – 1:00PM ET

Learn how to...

- BBQ safely and healthfully
- Build healthier side dishes and salads
- Eat what you love and still enjoy the BBQ!

Sample the Recipes:

Spinach Salad with Balsamic Dressing, Grilled Cauliflower Steaks with Mango and Black Bean Salsa and Grilled Pineapple with Greek Yogurt

CLICK HERE TO REGISTER

To test the software prior to this workshop, go to: <https://zoom.us/test>