

# Cooking Show



## Full Plate, Full Hearts: Easy Family Dinner Made Delicious

Gather around the table for an interactive cooking show that takes the stress out of family dinners! From appetizers to desserts, we'll guide you through simple, wholesome recipes that everyone will love. Learn time-saving tips, creative plating ideas, and ways to get the whole family involved in the kitchen. By the end, you'll have a full menu ready to impress and inspire, no matter how busy life gets. Let's make dinnertime the highlight of the day!

**Thursday, February 27**  
Noon – 1 p.m.

### Register Here

#### Can't make it? That's okay!

Register anyway and we'll send you the recording after the show and you'll be entered in a raffle for a free cookbook!

**Questions?** Contact [wellness@phs.org](mailto:wellness@phs.org)



**Family style full  
course meal**