

Cooking Show



Fresh & Fruity Feasts

Kick off Fresh Fruit & Veggie Month with an Avocado Grape Kale Salad. Loaded with heart-healthy fats, fiber, and vitamin C, it's a refreshing mix that'll have you glowing from the inside out as summer begins.



HEALTH CARE
AUTHORITY

Thursday, June 26
Noon – 1 p.m.

Register Here

https://phs-org-corp.zoom.us/webinar/register/WN_7peSO9ieSQG2tLfHT7uObg#/registration

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



**Avocado grape kale
salad with peanut-
tahini dressing**