UI Health | UIC

55th & Pulaski Health Collaborative

A New Health Clinic for a Healthier Future

Me4Me Program

Join us for a fun and interactive cooking demonstration where you'll learn how to prepare simple, nutritious, and delicious meals for yourself and your family.

Cooking for Better Health



Nov. 6 | 10:30 am - 12:00 pm
Cooking Demo - Breakfast

Nov. 20 | 10:30 am - 12:00 pm
Cooking Demo - Comfort Food

Location:

UI Health 55th and Pulaski Health Collaborative
5525 South Pulaski Road
Chicago, IL 60629

Guest Speaker:

UIC Department of Kinesiology and Nutrition
Healthy Flames Experiential Learning Team
Led by Professor Sherri Ambrose

SCAN TO REGISTER

(WALK-INS ARE WELCOMED)

OR

FOLLOW LINK TO REGISTER:
HTTPS://GO.UIC.EDU/ME4ME