

GET FRESH



With

MANNA

SPRING SERIES



Want to:

Learn more about balanced nutrition?

Chat with MANNA registered dietitian nutritionists?

Follow live cooking demos featuring MANNA chefs?

Gather recipes that you can recreate at home?



Thursdays

4:00-5:30

- March 28
- April 4
- April 11

Join us in person
@ MANNA or via
Zoom!

To register, call Emily Sadowy
at 215-496-2662 ext 114