

# HOW TO MAKE HEALTHY DESSERTS



Demonstration & Tasting  
with **KC Rose, RN**

Thursday, May 16 | 3 p.m.  
Admin Building Lunch Room

**Who says desserts can't be healthy?**

Join Public Health Registered Nurse **KC Rose** and learn how to make quick, easy, guilt-free desserts that satisfy your sweet tooth while nourishing your brain and body.

This deliciously fun, informative class is FREE for employees, and attending counts as time worked (please discuss with your Supervisor prior to attending).

**RSVP to Human Resources by Monday, May 13.**

