







Children love to help out in the kitchen and letting them lend a hand can also help combat picky eating! In this course, we'll share simple recipes your little ones to teens can help you make for family fun in the kitchen.

**Cooking With Kids** Wednesday, August 24 5:30 p.m. - 6:30 p.m.

**Register Now** 

Space is limited.

Horizon Health Guide has the Answers. Call 1-800-414-SHBP (7427)