LUNCH-N-LEARN

Join us for a cooking demo as we prepare Greek spinach quinoa salad, a healthy and affordable lunch option!

BUILDING A HEALTHY MEAL

WITH

CHRISTINE EBERT & KELSEY FORTIN

Attendees will receive the recipe!

A WELLNESS EVENT

WED. MAR. 2ND | 12:10 - 1:10 PM
LOCATION: KANSAS UNION, PINE RM

A Lunch-N-Learn is a brown bag lunch where a presenter will be focusing on an aspect of the Eight Dimensions of Wellness. Event is open to Students, Faculty, and Staff. Membership is not required.

wellness.ku.edu