

Plan, Prep, Cook!

Recipes for Healthier, Easier Weeknight Meals



Need some new, healthy ideas to freshen up your usual dinner routine?

Join Iona's Registered Dietitian Nutritionist, Rose Clifford, for this fast-paced, fun, and delicious workshop.

Iona's Take Charge/Age Well Academy™ is offering a workshop and food demonstration on making dinner healthier and easier.

Iona's Registered Dietitian Nutritionist and expert home cook, Rose Clifford, shares six of her favorite easy, healthy, and tasty recipes that answer the never-ending question "What's for dinner?" Included in the workshop is a home-made hummus demonstration, which participants will use to create their own hummus bowls.

There will also be a bonus dessert and recipe...

**Peanut Butter Chocolate Chip
Quinoa Blondies!**



REGISTRATION DETAILS:

When: Tuesday, November 5, 2019 from 2:00-4:00 PM.

Where: Iona Senior Services
4125 Albemarle Street NW
Washington, DC 20016

Cost: \$15. Scholarships are available.

Registration: Space is limited, register soon! Register online at iona.org/event/plan-prep-cook.

Questions? Please contact Lena Frumin at community@iona.org or call (202) 895-9485.

**Space is limited,
Register online today!**