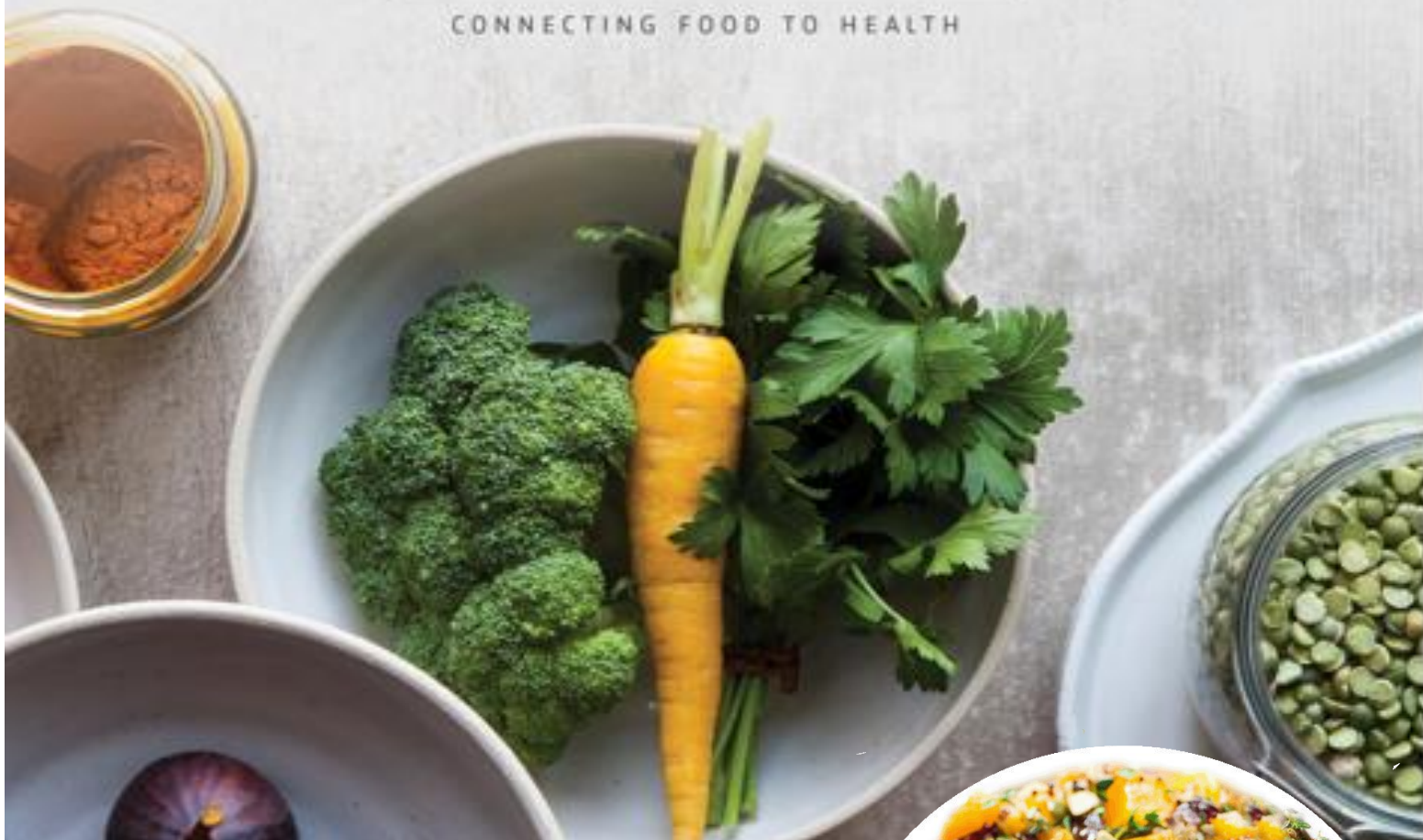




# BeWell KITCHEN

CONNECTING FOOD TO HEALTH



*October's Feature  
is*  
**Butternut Squash,  
Sweet Potato  
and Pumpkin Salad**



Live Learning Workshop that Connects Food to Health

**SIGN-UP TODAY!**

DATE

Tuesday, October 11<sup>th</sup>

TIME

3:00pm

LOCATION

The Marketplace