



Mediterranean Diet Cooking Demonstration

Join Registered Dietitian, Jenny Menning MS, RD, LDN and Executive Chef, Kyle Kirkbride for a complimentary food demonstration highlighting four (4) cookout recipes with a *Mediterranean Diet* flair! This will be a “live” and interactive cooking demonstration.

Food samples & tasting, recipes, and education will be provided! Guests will receive a FREE take home goodie-bag with ingredients for each of the 4 recipes.

Wednesday, July 19 | 4-5PM

**UH Portage Medical Center
Medical Arts Building, Room #150
6847 N Chestnut Street; Ravenna, OH 44266**

Registration is required before 7/17/22 for this program. For more information on registering to attend the cooking demonstration, please call 330-297-2576.