

Herbs and Spices

Savor the flavor, reap the rewards! Looking to spice up your life!? Join Hy-Vee Dietitian Megan to discover the health benefits of herbs and spice, easy ways to incorporate them daily, try samples and take home recipes.

Date: Thursday, May 11

Time: 6:00 to 7:00 p.m.

Location: Gladstone Community Center, 6901 N. Holmes, Gladstone, MO

Fee: \$10 for Community Center members/ \$12 for non-members

Register by May 9 in person or online at activityreg.com.



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