

HELLO SUMMER

Ladies Night Out

FLAVOR - FUN - HEALTHY VIBES



FRIDAY, MAY 31ST 6:30-8:00PM

Hosted by Registered Dietitians from Fueling Up Our Future and Nutrition Insights

This Caribbean-inspired event features appetizer making, mocktail blending on a blender bike, and a grocery store scavenger hunt to uncover hidden health secrets in popular sauces and spices. Get ready for a night of flavor, fun, and healthy living!

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