

#ActiveILLINI

Student Wellness is partnered with
 AMERICAN
CAMPUS
COMMUNITIES
Where students love living.



3 Classes - \$25!

MEAL PREP SERIES

Join partners from McKinley Health Center and Campus Recreation for a 3-class cooking series teaching students to engage in cost-effective, time-saving, and nutritious meal preparation.

Don't forget your takeaway containers! All participants will enjoy sampling a wide variety of recipes and will receive ample portions to take home.

Facilitated by a registered dietitian and in partnership with McKinley Health Center.

September 25 • 6:30-8 pm • Orchard Downs
October 23 • 5:30-7 pm • ARC Instructional Kitchen
November 3 • 5:30-7 pm • ARC Instructional Kitchen

Register at Member Services a minimum of 72 hours before the scheduled class.

Campus Recreation makes every effort to be accessible to all abilities. If you need accommodations for our facilities or programs, please contact us at campusrec@illinois.edu.

 **ILLINOIS**
Campus Recreation
STUDENT AFFAIRS



campusrec.illinois.edu