



Winter Wellness

**Thursday
November 30th
at 7pm**

**Presented by Michelle Barry
ShopRite Registered Dietician**

Join Michelle as she shares tips on how to make healthy versions of your favorite hearty winter meals. There will be a cooking demonstration followed by a delicious tasting.

Register to attend by calling (845) 351-2207 or at tuxedoparklibrary.org/calendar