



SEQUOIA
WELLNESS

The NEW Center
CONFERENCE & EVENT CENTER

FREE COOKING DEMO WITH NEW CENTER CHEF RODNEY

Located in the NEW Center Kitchen.

Featuring Sequoia Wellness RDN's Lori and Michelle!

What's on the menu? Crock Pot Quinoa Chili!

Required to be 18+ years old.



**SCAN THE QR CODE
TO REGISTER!**

THURSDAY, MAY 14TH, 5-6PM