

Dinner with a Doctor



Recipes for Your Brain Learning about: Mental Health & Well-Being

Tuesday, March 19, 2024, 6:00-7:30pm
Family Center at Village SDA Church
No Charge – Donations Accepted

There will be a demonstration and food provided. The food demo this month is by **Marina Rietman**. After serving the food there will be a brief lecture on some principles for mental health presented by **Kayona Pates, MSW**.

Reservations required – Seating limited
For reservations or more information call the church at 269-471-7795

This will be the second of a monthly series of cooking demonstrations and health lectures to occur the third Tuesday evening of every month.