

# Fall into Autumn Cooking— the healthy way!



September 3, 2009

2:00 to 3:00 p.m. and 6:00 to 7:00 p.m.

Education Resource Center

On the campus of Rowan Regional Medical Center

Come celebrate the fall with us! Enjoy a cooking demonstration with registered dietitians, Michelle Henrickson, RD, LDN, CDE and Michelle Musselwhite, RD, LDN, as they prepare simple, yet tasty autumn dishes! Recipes and tasting included! Event is free!

**Please call 704-210-5771 by August 31 to register as space is limited. Specific directions will be provided at the time of registration.**

 **Rowan** REGIONAL MEDICAL CENTER

612 Mocksville Ave. Salisbury, NC 28144 | 704-210-5000