



# Healthy Cooking Demonstration

Join the Council of Graduate Students Health and Wellness Committee and the Student Wellness Center for a cooking demonstration. Learn how to cook healthy meals on a budget!

**\*Food samples will be provided!!\***

**Monday March 9<sup>th</sup> Atwell Hall 526 @ 7pm**  
**RSVP to [Ruderman.5@osu.edu](mailto:Ruderman.5@osu.edu) by Friday March 6<sup>th</sup>**