

# COOK

COOKING CAN BE FUN & HEALTHY

# WELL

Check Calendar of  
Events For Next Date



## Chef Jason TePaske

(Owner of Sweet Clarisse Catering & Max's Club 95 in Hixton)

### Hosts Cook Well at Stucky Chiropractic Center

## Discover Healthy Meal Prep and Planning

Chef Jason will be demonstrating simple ways to plan and prepare a healthy meal. This informal, interactive presentation will include...

- Tips for planning healthy meals
- Demonstration of cooking your healthy meals
- Interact and ask Chef Jason your questions
- Eating the healthy meal (Samples for all attendees)



**SEATING LIMITED - RESERVE YOUR SEAT TODAY - (715) 835-9514**  
2105 E. Clairemont Avenue, Eau Claire, WI

Bring a notebook so you can record all the good tips / recipes