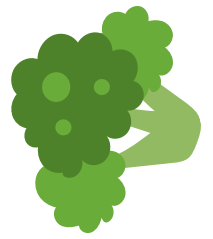
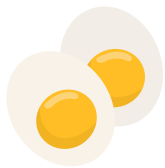




HEALTHY RICE BOWLS

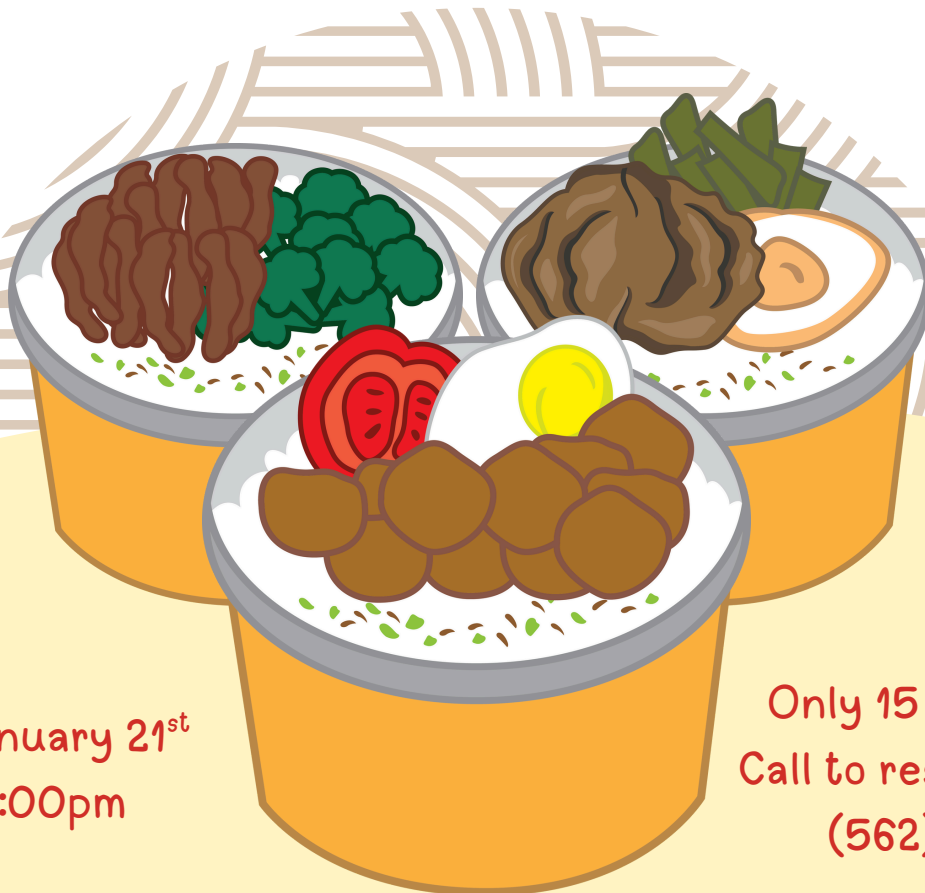
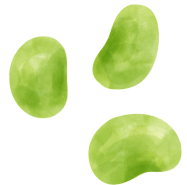


Learn how to build a balanced, healthy rice bowl using simple, everyday ingredients with delicious Asian-inspired flavors.



In this workshop, you'll learn how to:

- Build a balanced meal
- Mix flavors, textures, and nutrients
- Make healthy eating easy and fun



Wednesday, January 21st
11:00am - 12:00pm

Only 15 spots available
Call to reserve your spot:
(562) 775-6104