



SAVOR THE HOLIDAYS

from your home kitchen

SAT 12/4 • 11 AM - 12:15 PM

Prepare fertility friendly plant-based recipes: Stuffed mushrooms and a Brussels sprouts fennel salad.

FOOD FOR FERTILITY CLASS

Instructors: Judy Simon, MS, RDN and Angela Thyer, MD

Fee: \$30 per couple/individual

Zoom link and recipes sent in advance

Contact judy@mind-body-nutrition.com

or 425-260-8783