



June Food for Fertility Pop-Up

Summer Grain Bowl

Celebrate summer and cook with Judy Simon, RDN and Angela Thyer, MD from their home kitchens as we create a simple and versatile bowl filled with the bounty of the season. Learn how to mix and match your vegetables to create an enticing meal for al fresco dining.

We will also make a bright watermelon salad you can bring to summer cookouts.

After registering, you will receive the Zoom link, ingredient lists, additional recipes, and educational handouts.

Class Details:

Wednesday, June 23

5:00 - 6:15 pm PT

Fee: \$40

Register: Email judy@mind-body-nutrition.com