



FALL HEALTHY COOKING DEMO

**Come learn how to cook tasty fall treats
for the holidays**

**Join Wellness Champion, Stephanie Campbell and
Nutritionist Julie Stock as they cook and explain the
health and goodness involved in making...**

Butternut Squash and Sage Pasta Casserole

Chewy Molasses Cookies

**Recipes located at
[http://hr.umich.edu/mhealthy/programs/nutrition
/recipes.html](http://hr.umich.edu/mhealthy/programs/nutrition/recipes.html)**

Wednesday, November 14, 2012

12:00 - 1:00 p.m.

5075 Fleming

**Register Now! Registration is now open at
<http://fleming.bf.umich.edu/wellnesscommittee/events.html>**

Hosted by the Fleming Wellness Committee