Natural Detox

Eating fruits and vegetables can be challenging. Come and learn creative ways to incorporate fruits and vegetables into a healthy diet with this interactive workshop. Food samples, recipes, and 10 simple Steps to Make Good Habits More Delicious booklet provided to all participants.

Tuesday | January 22 | 12:10 - 12:50p
$10.00 CREC members | $15.00 CREC non-members
Register at Campus Recreation Front Desk or
https://shopcrec.unl

For more information contact Karen Miller at kmiller4@unl.edu or (402) 472-0880