

*From the Kitchens of Bryn Du...*

# Holiday Wellness Class

Join us in the kitchens of the Bryn Du Mansion for a holiday program and learn how to modify your favorite holiday recipes to be healthier! The class will include a hands-on food demonstration and tasting.

Shari Gallup, health and wellness educator from Ohio State University Extension will provide you with tips for wellness through the holidays!

**WHEN:**

*Thursday  
December 13  
6:00-7:30 p.m*

**WHERE:**

**Bryn Du Mansion  
Carriage House  
537 Jones Road  
Granville, OH**



**THE OHIO STATE UNIVERSITY**

COLLEGE OF FOOD, AGRICULTURAL,  
AND ENVIRONMENTAL SCIENCES

**Please register at:  
Ohio State University Extension  
740-670-5315**

