

**FAST & HEALTHY
EVERYDAY**

**FREE
CLASS**

Desserts

Enjoy delicious, nutritious and guilt-free desserts.
Learn how to quickly make “everyday desserts”
for a sweet and healthy ending to meals!

**Tuesday,
Nov. 15
7–8:30 p.m.**

Plaza Conference Center,
BryanLGH Medical Center East,
1600 S. 48th St., Lincoln

**REGISTER BY CALLING
BryanLGH
481-8886**



Part of BryanLGH Medical Center's
“Eating Well” series



UNIVERSITY OF
Nebraska | EXTENSION
Lincoln

Presented by

Alice Henneman, MS, RD, Extension Educator
UNL Extension in Lancaster County

**PARTICIPANTS WILL RECEIVE AN EXTENSIVE HANDOUT
WHICH INCLUDES TIPS AND RECIPES.**