



The Office of Administration and the Wellness Committee cordially invite you to

Spice Up Your Meals **Cooking with Spices for Healthy, Tasty Meals**

Join UT Dallas alum **Navin Hariprasad**, MPH, RDN/LD, for a cooking demonstration that shows healthy food can be exciting food! Enjoy a catered lunch and come away with meal plans, spice packets, and coupons for Navin's restaurant, **Spice in the City**.

March 6, 2017
12:00 p.m. - 1:00 p.m.
Galaxy Rooms B & C (SU 2.602)

Space is limited. RSVP to taylor.tran@utdallas.edu by **February 27, 2017**.

The University of Texas at Dallas