



## **TAKING THE STRESS OUT OF** **MEALTIME**

\* Tips and Techniques on how to cook healthy meals for one person

\* Meal planning and prepping strategies

**February 23, 2022 at 12:00 pm**

**Lunch will be provided**

Cooperative Extension of Iredell County

444 Bristol Drive

Statesville, NC 28677

RSVP: Jackie with the Council on Aging at 704-873-5171

