

# Healthy Eating SERIES

LEARN WHAT WORKS FOR YOU

## Spice UP



*your vegetables!*

**Wednesday, August 21 / 7-8:30pm** Please arrive by 6:45pm

**Mary's Land Farm Pavilion/4979 Sheppard Lane, Ellicott City**

Say goodbye to boring, bland vegetables! Chef Kiah Gibian from Wilde Thyme catering and Dr. Jyothi Rao from Shakthi Health & Wellness Center show you how to spice up the flavor of your summer vegetables.

Eating a variety of vegetables is one of the best things you can do for your health. But how can you make them taste better? Add the right spices to create a healthy and tasty dish.

Delicious sampling and recipes included.

\$15 per person. This event is open to everyone.

To register, please visit [ColumbiaAssociation.org/healthyspices](http://ColumbiaAssociation.org/healthyspices). Ticket sales end 8/14/19. Tickets will not be available at the door. For more info, call 410-715-3128 or email [Shawni.Paraska@ColumbiaAssociation.org](mailto:Shawni.Paraska@ColumbiaAssociation.org).



**Chef Kiah Gibian**



**Dr. Jyothi Rao**

*Join us for an informative and delicious evening!*