



Healthy Crock Pot Meals Workshop

Start eating healthy in the new year!

Eating healthy starts at home and does not have to be difficult! Treat yourself and your family to some delicious Crock Pot meals that you prepare ahead of time and then make in a snap!

- Saturday, January 21, 2017
- Founders Station (4902 Pike Road)
- 1 pm until 4 pm
- \$15 plus supplies
- For more information and to sign up, contact Pamela Pruet: pamkkabn@yahoo.com

Town of Pike Road
ENHANCE
initiative 
creating quality of life

*Presented by the
pike Road Arts Council*