



# *Jazzing Up Dinner*



Join a virtual seminar with Pam VanKampen, Registered Dietitian, as she shares ideas on identifying foods to keep on hand to support health and lower anxiety and planning easy, practical meals.

***Wednesday, June 3, 2020***

***10:00 - 11:00 am***

Register online at [www.adrcevents.org](http://www.adrcevents.org) or call the ADRC at 715-839-4735. Once registered, you will receive an email the day before the webinar/conference call on how to join via your computer or phone.