

Go Folic! Savory & Soulful

Sunday, June 12, 2011

- What:

1 hour cooking demonstration (by a professional chef) of a recipe rich in folic acid.

- Take Away(s):

Ideas about incorporating folic acid into your diet and a free 3-month supply of multivitamins containing vitamins A, B, C, D, and E and a trace amount of calcium.

- When:

12:30 p.m. to 1:30 p.m.

- Where:

Jones Memorial UMC's Multipurpose Room

- Contacts:

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