



Vandy Cooks



Friday, June 12
12 noon - 1 pm

at the Vanderbilt Recreation and
Wellness Center Demonstration Kitchen

Join Laura Marbury, MS, RD, LD as
we celebrate National Dairy Month
through delicious breakfast dishes.

Vandy Cooks demonstrations are offered monthly to celebrate healthy eating at Vanderbilt. This month will include advice on how to create a healthy breakfast and nutritional reasons behind eating breakfast.



This event is free to attend. Registration is not required.

Receive samples and recipes.

Contact Marilyn Holmes at Marilyn.c.holmes@vanderbilt.edu or 343-2638 for questions or other information about this program.

Sponsored by: Vanderbilt Recreation & Wellness Center and Health Plus