



Tuesday Learning Sessions Schedule

Health and Well-Being: Recipe for Life

Convention Center - 214 A

Instructor: Debbie Gore, Recipe for Life

The Recipe for Life program stimulates new ideas and perspectives that will inspire and challenge participants to create the perfect recipe for their own lives. Her entertaining story of transformation seasoned with an innovative culinary demonstration motivates the audience to find the ingredients for a fulfilling life.

Audience: Cert E Level: 1 - 5