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<u>Location</u>	Tuesday	Wednesday	Thursday	Friday
Child Support Enforcement Agency 80 East Fulton Street Columbus, Ohio 43215 <i>Multipurpose Room</i>		<u>Cooking Demo:</u> <u>Apple, Beet, and Gorgonzola Salad</u> 9/6/2017 12:00 p.m. - 1:00 p.m	<u>A Break to Educate:</u> <u>Stress Prevention and Resiliency</u> 9/28/2017 11:00 a.m. - 12:00 p.m	
Coroner's Office 520 King Avenue Columbus, Ohio 43201 <i>Conference Room</i>				<u>Cooking Demo:</u> <u>Apple, Beet, and Gorgonzola Salad</u> 9/22/2017 12:30 p.m. - 1:30 p.m.
Government Tower 373 South High Street Columbus, Ohio 43215 <i>16th Floor—Columbus Room</i>	<u>Cooking Demo:</u> <u>Apple, Beet, and Gorgonzola Salad</u> 9/26/2017 12:15 p.m. - 1:00 p.m			
Job and Family Services East 1055 Mt Vernon Ave Columbus, Ohio 43203 <i>Conference Room B</i>		<u>A Break to Educate:</u> <u>Eating Better on a Budget</u> 9/13/2017 12:00 p.m. - 1:00 p.m.		
Job and Family Services Northland Park 1721 Northland Park Avenue Columbus, Ohio 43229 <i>Room 132 A</i>	<u>A Break to Educate:</u> <u>Eating Better on a Budget</u> 9/19/2017 12:00 p.m. - 1:00 p.m			
Memorial Hall 280 East Broad Street Columbus, Ohio 43215 <i>West Conference Room</i>	<u>A Break to Educate:</u> <u>Eating Better on a Budget</u> 9/12/2017 12:45 p.m. - 1:45 p.m.			

Cooking Demo: Apple, Beet, and Gorgonzola Salad

Autumn means local orchards are filled with hundreds of varieties of crisp and delicious apples. Rich gorgonzola is paired with the sweetness of apples and beets and topped with balsamic vinaigrette.

A Break to Educate: Eating Better on a Budget

When you've got a tight budget, meal planning and grocery shopping can be challenging. When you've got a tight budget and you are dedicated to eating healthy, it can be even trickier; but it's not impossible. This presentation will give you some money saving tips to help you make the most of your food budget, while making healthy choices.

A Break to Educate: Stress Prevention and Resiliency

Stress is your body's response to demands placed on it, and occurs when we perceive that we don't have the resources to meet life's demands. Stress management is reactive; building resilience so that you know how to adapt better to change, is proactive. You have the power to prevent and adapt to stress effectively, be mindful, become more resilient and bounce forward.