

<u>Location</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
ADAMH 40 East Broad Street Columbus, Ohio <i>Training Room</i>	<u>Cooking Demo:</u> <u>Crunchy Cashew</u> <u>Thai Chicken Quinoa</u> 2/13/2018 12:00 p.m. - 1:00 p.m.			
Child Support Enforcement Agency 80 East Fulton Street Columbus, Ohio 43215 <i>Multipurpose Room</i>		<u>Cooking Demo:</u> <u>Crunchy Cashew</u> <u>Thai Chicken Quinoa</u> 2/7/2018 12:00 p.m. - 1:00 p.m.		
Children Services West Mound 855 West Mound Street Columbus, Ohio 43215 <i>Room 341</i>		<u>Cooking Demo:</u> <u>Crunchy Cashew</u> <u>Thai Chicken Quinoa</u> 2/21/2018 12:00 p.m. - 1:00 p.m.		
Coroner's Office 520 King Avenue Columbus, Ohio 43201 <i>Conference Room</i>				<u>Cooking Demo:</u> <u>Crunchy Cashew</u> <u>Thai Chicken Quinoa</u> 2/23/2018 12:30 p.m. - 1:30 p.m.
Fleet Management 1721 Alum Creek Drive Columbus, Ohio <i>Break Room</i>			<u>A Break to Educate:</u> <u>The Power of Habits</u> 2/15/2018 9:00 a.m. - 10:00 a.m.	
Government Tower 373 South High Street Columbus, Ohio 43215 <i>10th Floor</i> <i>ThriveOn Space</i>		<u>Cooking Demo:</u> <u>Crunchy Cashew</u> <u>Thai Chicken Quinoa</u> 2/28/2018 12:15 p.m. - 1:00 p.m.		
Job and Family Services Northland Park 1721 Northland Park Columbus, Ohio <i>Room 132 A</i>	<u>A Break to Educate:</u> <u>The Power of Habits</u> 2/6/2018 <u>Cooking Demo:</u> <u>Crunchy Cashew</u> <u>Thai Chicken Quinoa</u> 2/20/2018 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>The Power of Habits</u> 2/13/2018 12:45p.m. - 1:45 p.m.			

Crunchy Cashew Thai Chicken Quinoa with Ginger Peanut Dressing

Explore Thai flavors with this delicious quinoa dish. Make it a meal by topping it with shredded rotisserie chicken - one of our favorite kitchen hacks!

The Power of Habits: Why We Do What We Do, and the Ability to Change

Many people believe they could improve their lives and achieve their goals if they had more willpower; however, willpower is used to temporarily change our habits without ever really achieving true transformation. Discover the power of habits and understand why we do what we do, and how to make lasting lifestyle changes.