

<u>Location</u>	Tuesday	Wednesday	Thursday	Friday
<b>Child Support Enforcement Agency</b> 80 East Fulton Street Columbus, Ohio 43215 <b>Basement</b>			<b><u>Cooking Demo:</u></b> <b><u>Shrimp and Veggie Spring Rolls</u></b> <b>3/1/2018</b> 12:00 p.m. - 1:00 p.m.	
<b>Coroner's Office</b> 520 King Avenue Columbus, Ohio 43201 <b>Conference Room</b>				<b><u>Cooking Demo:</u></b> <b><u>Shrimp and Veggie Spring Rolls</u></b> <b>3/23/2018</b> 12:30 p.m. - 1:30 p.m.
<b>Government Tower</b> 373 South High Street Columbus, Ohio 43215 <b>10th Floor</b> <b>ThriveOn Space</b>			<b><u>Cooking Demo:</u></b> <b><u>Shrimp and Veggie Spring Rolls</u></b> <b>3/15/2018</b> 12:15 p.m. - 1:00 p.m.	
<b>Job and Family Services East</b> 1055 Mt. Vernon Ave Columbus, Ohio 43203 <b>Multipurpose Room</b>		<b><u>Cooking Demo:</u></b> <b><u>Shrimp and Veggie Spring Rolls</u></b> <b>3/14/2018</b> 12:00 p.m. - 1:00 p.m.		
<b>Job and Family Services Northland Park</b> 1721 Northland Park Columbus, Ohio <b>Room 132 A</b>	<b><u>Cooking Demo:</u></b> <b><u>Shrimp and Veggie Spring Rolls</u></b> <b>3/20/2018</b> 12:00 p.m. - 1:00 p.m.			
<b>Memorial Hall</b> 280 East Broad Street Columbus, Ohio 43215 <b>West Conference Room</b>	<b><u>A Break to Educate:</u></b> <b><u>All Movement Matter</u></b> <b>3/27/2018</b> 12:45p.m. - 1:45 p.m.			

### Fresh Vegetable and Shrimp Spring Rolls with Asian Dipping Sauce

How can you eat more vegetables? With this recipe full of fresh vegetables, it's a snap! Just cut, roll, dip, and enjoy! Bonus: add shrimp to take it from a side to a meal.

### All Movement Matters

Would you categorize yourself as active or sedentary? For years health professionals have categorized people in these two groups. We live in a sedentary culture. Many people recognize this problem and try to minimize their health risk by exercising. Exercise is good for you, we know that, but is it addressing the real issue of being sedentary the rest of the day? This presentation looks at the big picture and will help you learn how to incorporate more movement into your day.