



FALL HEALTH & WELLNESS SEMINARS

Health & Wellness Seminars by the Cape Parks & Rec Department! Pre-registration is required. Seminars are free, except the Team Meal Prep seminar (come home with three prepped meals!). To register, go to www.cityofcape.org/wellnessevents

FALL FAVORITES COOKING DEMO

SEPTEMBER 10 | 5:30 - 6:30 P.M. | OSAGE CENTRE
PRESENTED BY: Christine Jaegers

From apple to pumpkin, you'll be amazed how delicious our fall favorites cooking demo can be!

TEAM MEAL PREP

OCTOBER 8 | 5:30 - 6:30 P.M. | OSAGE CENTRE
PRESENTED BY: Christine Jaegers

We will be focusing on how fast and easy meal prep can be, while learning new techniques along the way. The Team Meal Prep seminar will cost \$5 per person and participants will bring home three prepped meals. Please bring three food containers. Pre-register online to reserve your space at www.cityofcape.org/fitnessprograms. The \$5 fee should be paid the night of the class.

BODY FAT ANALYSIS

NOVEMBER 12 | 5:30 - 6:30 P.M. | OSAGE CENTRE
PRESENTED BY: Christine Jaegers

This class you will have your body fat analyzed privately and we will go over what it means, what to do next and how to use your results to find a workout that would benefit YOU the most.

HOLIDAY COOKING DEMO

DECEMBER 10 | 5:30 - 6:30 P.M. | OSAGE CENTRE
PRESENTED BY: Christine Jaegers

Cooking during the holidays can be much simpler than you realize and still taste delicious!! Skip and sugar and the butter as we take the flavors up to the next level!



CITY of CAPE
GIRARDEAU
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