**Tunxis Wellness Programs – TUNXIS.EDU/COUNSELING**

**LIMITED SEATS-SIGN UP TODAY:** <https://forms.office.com/r/EPdiqF49e3> 



Healthy eating on a budget Free workshop

Tuesday, February 21, 2:30-4:00

**Founders Hall**

**Learn *how to* make 7 meals for $35!**

**Walk away with a couple of FREE meals!**

Workshop presented by professional chef,

Stacey Smith of Smith’s Food Service

**The R&R** - Visit the Relaxation & Resource Room, Inside the ASTC, Room 6-109

For event questions, email [tx-counseling@tunxis.edu](mailto:tx-counseling@tunxis.edu)