



Summer Harvest

Cooking Demonstration

For WMU Employees

This taste-testing workshop will highlight summer-inspired recipes with fresh produce from the Gibbs House Farm.

Friday, Aug. 8

12:05–12:55 p.m.

Kohrman Cooking Lab, Rm. 3302

Facilitated by Gretchen Kauth,
Registered Dietitian

Register on ExperienceWMU
by Wednesday, Aug. 6.

Western
Wellness

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WESTERN MICHIGAN UNIVERSITY
Health Promotion and Education

**Be Positive. Be Healthy.
Be Active. Be You.**

