



The Xavier University College of Pharmacy's

Health and Wellness Center

PRESENTS

HEALTHY HOLIDAY COOKING & EATING

SERIES

with local chefs



November 11th at 6:30pm – Healthy Desserts

November 15th at Noon – Healthy Thanksgiving

The Ultimate Kitchen Commando, Jodi Brown

<http://ultimatekitchencommando.com/>



December 14th at 6:30pm – Mediterranean Holiday

Dr. Gourmet, Timothy Harlan, MD

<http://www.drgourmet.com/>

December 20th at Noon – Healthy Holiday Party



Meals from the Heart, Chef Marilyn Doucette

<http://www.mealsfromtheheartllc.com/>

Xavier University College of Pharmacy- Health & Wellness Center

5110 Jefferson Highway Harahan, Louisiana 70123

Call today to RSVP (504) 733-1127

Transportation available if needed.