



Badge Workshop: Eating for You

Did you know that eating well helps you inside and out? Choosing the right foods can help you sleep better, stress less, and get smooth skin, shiny hair, and strong nails. Join Gourmet Chef to learn about choosing the right foods to create balanced meals.

Important: No tag-a-longs.

Girl Price: \$35.00 Includes: Activities and badge

Date: Thursday, April 13, 2023

Time: 4:00 - 6:00 PM CT

Location: Gourmet Chef - Minot, ND

Registration Deadline: 3/23/2023

Min:10/Max:12

Grade Levels: Dakota Horizons Cadettes

Registration: Visit gsdakotahorizons.org/events to learn more.

