

**squash, carrot and ginger soup
with miso and coconut milk**

MENTAL HEALTH AWARENESS MONTH

**Come cook a cozy meal with me that excites the senses
and relaxes the mind. Learn about some of the vitamins
in orange veggies and the basics of soup making!**

PRESENTED BY: SYDNEY RURY, SAINT LOUIS UNIVERSITY DIETETIC INTERN



WHEN: MONDAY, OCTOBER 23RD @12-1

WHERE: ALLIED HEALTH BUILDING, MPR #3040

WHAT: SLU EMPLOYEE WELLNESS EVENT