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