



KEEP CALM AND COOK ON

KEEP CALM AND COOK ON 2
December 9, January 20 and February 10
11:30 am – 1 pm
Register through Bridge for Zoom

Keep Calm and Cook On is a live cookery demonstration.
This 90-minute presentation will include nutritional
information and a live Q&A.

To register log in to nebraska.bridgeapp.com, search for
"Keep Calm and Cook On 2."

Questions? Contact Giovanni Jones at: giovanni.jones@unmc.edu

*This event is an Open Kitchen Workshop brought to you by Campus Wellness
and the office of Human Resources.*



**Scan code
to view recipies**



**University of Nebraska
Medical Center**



Metropolitan Community College
**OPEN KITCHEN
WORKSHOPS**