



Free wellness education

Lunch and Learn

Join Chelsea Richmond, Family and Consumer Sciences Extension Agent in the Frontier District, to learn how electric pressure cookers can be used to make quick and healthy meals for your family.

Bring a lunch, and learn from one of our Saint Luke's experts.

This event is the one of several free lunch and learn sessions to be held throughout the year at Anderson County Hospital.

**Healthy Meals
Under Pressure**

*Quick, healthy meals for
your family*

Chelsea Richmond

Wednesday, July 17
Noon – 12:30 p.m.

Anderson County Hospital
Conference Rooms A and B
421 Maple St.
Garnett, KS 66032

785-448-3131

Anderson County Hospital
421 S. Maple
Garnett, KS 66032

785-448-3131
saintlukeshealthsystem.org

 **Anderson
County Hospital**
SAINT LUKE'S HEALTH SYSTEM