



gold apron events

AUGUST

25 | Introduction to Gold Apron
Smoothies 101
4-6P | Wellbeing Center Lobby

SEPTEMBER

15 | What's In Season?
4-6P | Wellbeing Center Lobby

29 | Simply Whole Grains
4-6P | Wellbeing Center Lobby

OCTOBER

20 | Be Well Stay Well
4-6P | Wellbeing Center Lobby

27 | More than Milk and Cookies
4-6P | Wellbeing Center Lobby

NOVEMBER

10 | Fall Harvest
4-6P | Wellbeing Center Lobby

17 | Hydration Station
4-6P | Wellbeing Center Lobby

DECEMBER

01 | Brain Food Boost
4-6P | Wellbeing Center Lobby

**HARVEST
TABLE**
CULINARY GROUP

 WAKE FOREST
UNIVERSITY
DEACON DINING

 THRIVE