

Come learn about

Kitchen Medicine

April 18, 2019 | 12:10 – 12:55pm



LOCATION:

Wellness Center
1145 Market Street
Suite 100

QUESTIONS? CONTACT:

SFHSS Well-Being Team
(415) 554-0643
wellness@sfgov.org

Kitchen Medicine is the art and science of simple techniques that blend foods and herbs to support your ongoing desire to be vibrant, happy, and well. Learn how eating well can be good medicine with tips and tools of traditional eastern medicine combined with current, cutting edge discoveries about health and nutrition.

NO RSVP REQUIRED.