

EVENT CALENDAR

Salt Lake City - Sugar House
(801) 467-2920

1033 East 2100 South
Salt Lake City, UT84106

MAY

09

Thu
6:30pm
to
7:30pm

From Hot Flashes to Cool Dishes

by Britt Vanderhoof

Explore culinary solutions to navigate perimenopause with confidence. You will walk away with some practical tips and recipes to support your well-being during this transition.





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