



DO YOU SPEND TOO MUCH TIME WORRYING

# WHAT'S FOR DINNER?

## WE CAN HELP

**DATES:** 10/9-11/13/18

**TIME:** Tuesdays, 7-9pm

**LOCATION:** Hendrix College

Call or email Abby Rains by  
**October 7** for sign-up.

**RSVP:** [RainsAA@Hendrix.edu](mailto:RainsAA@Hendrix.edu)  
(501) 505-1540

**FREE**  
**6-week Cooking Matters**  
**Course**

**Families welcome, can**  
**accommodate children**  
**ages 7 and up.**



*"After Cooking Matters, I feel like I can cook anything. Now, every day that I open up my cabinets and refrigerator, I always see an easy dinner."*

~Paula, single mom of 2



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