



**Announcing Our Community Forum on**

# **Nutrition and Food Safety**

**Saturday, May 20, - 1:00 – 3:00 p.m.**  
Timonium United Methodist Church  
2300 Pot Spring Road in Timonium

The Forum is free and open to the public

There will be two sessions:

## **Cooking with Herbs and Their Health Benefits and Nutrition and Food Safety**

Jump start your summer with University of Maryland Extension Agent, Shauna C. Henley, PhD, to learn about nutrition, food safety, and the health benefits of herbs and spices and how to cook with them.

*Please join us!*