



Naperville-Lisle Township TRIAD Presents:

# Cooking with your Nutrition in mind

Please join us for this Zoom webinar as Chef Erion Caushi, of Brookdale Senior Living in Lisle, shows us how to prepare a healthy lunch including a Seasonal Appetizer, Stuffed Avocado Chicken Salad and a Granola Crisp. You will be given a list of ingredients so that you can work alongside him as he gives you tip and tricks for nutritious cooking!

**June 8th at 10:00 AM**

**Click to register**

[https://us02web.zoom.us/webinar/register/WN\\_vQSoPQ0MReqF-2h\\_8Wn2zA](https://us02web.zoom.us/webinar/register/WN_vQSoPQ0MReqF-2h_8Wn2zA)

Presented by:  
Chef Erion Caushi

