



Get in the Game:
Eat to Win cooking
with Liz Barbour

at the Hamilton-Wenham Library
Thursday, August 11
3:00 pm to 4:00 pm
For ages 11 to 18

Chef & cooking instructor Liz Barbour will show you what to eat, when to eat, and how much you need to eat to perform at your highest level. Presentation will be followed by demonstration and tasting of healthy snacks.

**Space is limited,
pre-registration required.
Sign up at the Reference Desk.**

