Health and Wellness Lunch-and-Learn Series: The Secret World of Herbs and Spices

Can making your food taste great also be good for your health… and your wallet?

Come engage the expansive world of seasonings! From saving money to promoting health, you will not only learn about the many benefits of adding more spice to your life, but will also learn about their ease of use, availability, versatility, affordability, and more!

To register, visit: ibis.sap.txstate.edu