

# Cooking for All Six (Summer, Autumn, Stick, Winter, Mud, Spring) Seasons

Live virtual cooking demos of plant-based recipes  
brought to you seasonally by Heather Wolfe\*

VIA WEBEX  
12 - 12:30PM

**July 9**  
**Summer Slaw**

Give classic coleslaw a fresh twist by swapping the creamy dressing for a tangy vinegar-based one. The result? A crisp, zesty slaw that's perfect for summer. Also discover Heather's top serving ideas for this refreshing dish!

Listen to all the Cooking for All Six Seasons  
recordings conveniently in ManageWell!

\*The Lifestyle Improvement Program's Registered Dietitian Nutritionist, cookbook author and  
Nationally Board Certified Health & Wellness Coach

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Questions?

Contact [LifestyleImprovement@hitchcock.org](mailto:LifestyleImprovement@hitchcock.org) or call (603) 650-5950