

Saville's Cooking with Kelsey



Join registered dietitian Kelsey Coulter, RD, CSO for a virtual cooking class. This class will feature guidance on preparing a plant forward recipe consistent with guidelines for cancer prevention.

Date: Tuesday, September 15th, 2026

Time: 5:30 p.m. to 6:30 p.m.

How to register: Complete your registration on by scanning the QR Code. Once you're registered you will be sent a Microsoft Teams link to join the class.

Please contact Abigail.Lamb@inova.org with questions.

We look forward to seeing you there!

