

# 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, March 24th, 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](mailto:Abigail.Lamb@inova.org) with questions.

**We look forward to seeing you there!**

