

# THE SUPPERS PROGRAMS

*Cook, Taste, and Feel Your Way to Vibrant Health*

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LEARN MORE ON  
**FEBRUARY 27 | 6:30PM**

Join us for a workshop to learn how to integrate The Suppers Programs into your congregation's ministry. \$10 will cover the cost of your food, the workshop is otherwise free.

The Suppers Programs was founded and developed by Dor Mullen, who has spent 16 years designing and growing a learn-by-doing experience aimed at teaching people to cook, taste and feel their way to vibrant health, all in the context of a non-judgmental small group.

We invite you to learn more about what Suppers can do for your congregation!

Dor, along with The Rev. Beth Scibienski and The Rev. Jeff Vamos, are inviting people from the religious community to find out more about how communities of faith can integrate Suppers into their programming.

To secure a copy of our Interest Finder, please go to <http://www.thesuppersprograms.org/content/contact/invitation-wellness-interest-finder>.

The Presbyterian Church  
of Lawrenceville  
2688 Main St.



THE  
COMMUNITY WELL  
Be well. Do good.

