



Save the Dates for S.O.S.S.

Share Our Sunday Supper

Dates: Sunday - September 12, October 3, November 7, December 5
Time: 5:30 - 6:30 pm (EST)
Place: ONLINE - Zoom
RSVP: Needed to get your zoom link*
Cost: Recipe ingredients

How this will work:

- 1- At least two weeks prior you will receive a recipe and ingredient list.
You may also receive a video demonstration of the recipe.
- 2- You prepare the recipe and have it ready to eat by 5:30 pm Sunday and log in to the Zoom link you will receive with your RSVP
- 3- We will enjoy tasting our creation. Compare notes. Share what substitutions were made, if any.
- 4- Enjoy a guest speaker or video

We hope by early next year this can be done in person with cooking demos. Until then we can still share and fellowship over a meal.

*You can RSVP at the Every Good Thing Facebook page OR email us at atholtondahealth@gmail.com.