



Taviz, LLC and The Hegewisch Times present



*Join the discussion*

Series 1 of 2

Mental Health and Well-being  
Activities

Healthy Comfort Food Prep

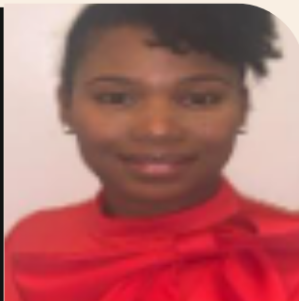


# Food for Thought and Discussion on Mental Health and Well-Being

## Speaker

Alicia Williams-Lovelace, MA,  
R-DMT, GLCMA

*Will Serve LLC (CEO)*



**January 26, 2024 | 6:00 pm**

**Hegewisch Nutrition**

13320 S. Baltimore Avenue

Chicago, IL 60633

773-530-7279



**Meal Prep by Chef Gail Kerr**

**Comfort food - Turkey Chili with  
Sourdough Bread and Fruit**

