



ST. MARY'S COUNTY  
HEALTH DEPARTMENT  
Heart. Science. Service.

present

# LIVE COOKING DEMONSTRATION

WITH SHANIQUA COUSINS

Southern Maryland Kitchen Bath Floors & Design  
23415 Three Notch Rd California, MD 20619



**17**  
**NOVEMBER**  
**6:00 PM**

As a Certified Health & Life Coach, Shaniqua encourages clients and audiences to take control of their health and wellness by preparing and sharing real meals, flavored with love!



[Click here](#) to register or scan the QR code!